



Impact To Release Drill

Purpose:

To build dynamic strength, endurance and control in the shoulder blades, spine and hips in release position.

Benefit:

Able to maintain spine angle, and rotate hips through release and be in good body position in the release phase of the golf swing.

Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade TM in the Far Position. Set your impact position. Begin oscillating the blade and rotate to the release position keeping the body tilts. Return to impact while oscillating the blade.

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