



Pelvic Tilt In Golf Stance

Purpose:

This exercise helps you develop a better range of motion in your lumbar spine and a neutral pelvic posture at set up. A neutral posture helps stabilize the core and improves power transfer in the body.

Benefit:

Improves your ability to find and maintain a neutral pelvic position at set up and throughout your swing.

Instructions:

Start by getting into a 5-iron golf posture with your arms crossed over your shoulders. Now, try to tilt your pelvis back and forth without moving your upper body.

Quantity:

Do _____ reps _____ sets on _____ side(s) .

