



Torso Back Swing

Purpose:

Improves upper body mobility and lower body stability for better range of motion

Benefit:

This exercise helps develop a more neutral pelvic posture and a stable backswing without going into a reverse spine angle.

Instructions:

Get in a good 5-iron golf posture with your arms crossed over your shoulders. Start by finding a neutral pelvis; tilt your pelvis forward and backwards until you find the middle position and lock it in with your abs. Now, take a full backswing keeping your shoulder plane from flattening out at the top. From here, return to the setup position, once again with that neutral pelvis.

Quantity:

Perform _____ sets _____ reps.

