



# Torso Rotation Single Leg

## Purpose:

This drill is aimed at improving your upper body disassociation while focusing on balance.

## Benefit:

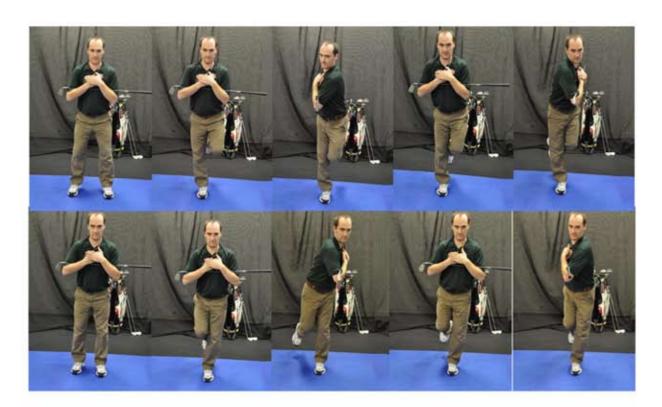
Independent torso rotation and disassociation promotes power and consistency in your swing.

#### Instructions:

Begin drill by getting into a golf posture with a golf club crossed across your shoulders. Next, raise one leg off of the ground approximately 6-10". Begin exercise by performing an upper body rotation in both directions while the lower body remains stable and unchanged. Repeat exercise in opposite fashion on other leg.

#### Quantity:

Do	reps	sets on	side(s).



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