



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).

