



Hip Swivel Drill-Push Up Position

Purpose:

Improves independent coordinated movement between the hips and chest.

Benefit:

Improves the ability to separate the chest from the hips in the golf swing.

Instructions:

Begin in a modified push up position. Turn the hips to the right as far as possible without chest motion. Now turn to the left in the same manner. Make sure this is a rotational motion.

Quantity:

Do 15 reps and 2-3 sets moving slowly at first and then faster as you go.

