



Prone Twister

Purpose:

To increase core strength and stability of shoulder girdle.

Benefit:

Helps golfer develop explosive coil strength, adding increased club head speed.

Instructions:

Place your feet on the ball from the push up position. Position your feet so that you can pinch the ball between them in order to control the ball. As you hold your body so that your trunk, legs and head are in the same horizontal plane, begin twisting the lower body to the left and the right slowly and gently.

Quantity:

Reps _____ sets _____

