



Reverse Wood Chop

Purpose:

To increase dynamic core strength.

Benefit:

This exercise improves your ability to coil in the golf swing.

Instructions:

Grasp the medicine ball in your hands. This can also be done with a cable column or tubing. The stance is legs hip width apart and torso rotated toward the cable column. It is very important not to round the back as this places unwanted stress on the lower back. Keep one leg straight ahead. In the bottom of the start position, take a deep breath and draw the navel in. Extend the body while rotating upward and diagonally. At the top of the movement, the weight distribution should be 70% outside leg, 30% inside leg and vice versa in the down position.

Quantity:

Reps _____ sets _____

