



## Upper Abdominal Curl-Up, With A Twist

Purpose:

Strengthen abdominals/obliques.

Benefit:

Allow powerful acceleration of clubhead through impact and maintenance of neutral pelvis through all phases of swing.

Instructions:

**A:** Feet and legs should remain hip width apart and straight ahead. Maintain pelvic tilt throughout exercise. Chest should be open and shoulders slightly back. Elbows should be out of peripheral view. Hands lightly clasped or fingers touching base of skull. Neck extended in back, chin tucked, face parallel with ceiling.



**B: Abdominal Curls** - Slowly raise chest towards pelvis, keeping face parallel with ceiling. Hold movement at the top 1-2 seconds, before lowering slowly down. Do not pull on neck with hands, keep elbows back while raising up.



**C: Oblique curls** - Slowly raise opposite side of chest to the opposite side of pelvis, keeping face parallel with ceiling. Hold movement at the top 1-2 seconds, before lowering slowly down. Do not pull on neck with hands and keep elbows back while raising up.



Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_