



Club Behind The Spine Sequence Continued



#64 Level 3:

After mastering level 2, first move into primary spine tilt, then slightly tilt entire upper body to the right as you shift your left hip forward (toward the target). This allows your shoulders and hips to stay parallel to each other to ensure the spine is correctly positioned at address. Hold 8-10 seconds and relax completely.



#65 A+B Level 4:

After mastering level 3, bring your club down to address the ball.



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