



Hip Twister

Purpose:

This exercise helps develop a better separation between your upper and lower body. Specifically, lower body rotation around a stable upper body.

Benefit:

Improves separation between the lower body and upper body in golf, creating independent pelvis turn for power and control

Instructions:

Get into a good golf posture and try to rotate your lower body only (no shoulder movement). Make sure the movement is rotational and not lateral sway and slide!

Quantity:

Perform _____ sets _____ reps.

