



## Hip Twister Supported

### Purpose:

This will help to achieve the feeling of separating the lower body from the upper body.

### Benefit:

Improves mobility and control of the lower body in your golf swing.

### Instructions:

Using a golf club for support simply practice turning your hips with your torso facing forward.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

