



Impact Position Hip Swivels

Purpose:

Improves ability to rotate pelvis independently from the torso

Benefit:

Increases ability to rotate hips and pelvis freely through impact without engage the upper torso in an over the top motion. This motion helps improve shoulder tilt at impact

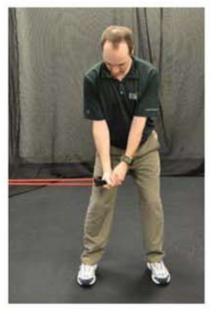
Instructions:

Stand at address posture holding tubing in your hands per the top pictures. Turn hips to the impact position without moving the shoulders. Hold 2-3 seconds. This can also be done with a golf club. With the club, make sure that the club head does not move.

Quantity:

Reps _____ sets ____









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