



Sitting Spine Rotation

Purpose:

To orient you to the motion and use of the Bodyblade^{TM.} To build strength, endurance and control in the shoulder blades, spine and hips in the sitting position.

Benefit:

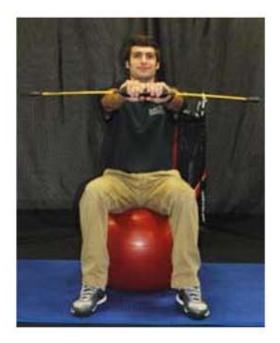
Improved spine posture at address and connection of shoulder blades to the body through out the golf swing.

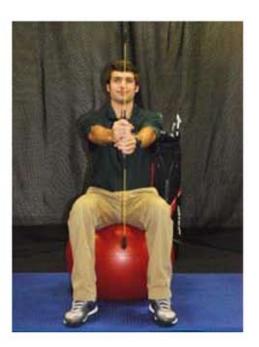
Instructions:

Stand in full address posture with primary and secondary tilts. Hold the BodybladeTM in the Far Position. Set your impact position. Begin oscillating the blade and rotate to the release position keeping the body tilts. Return to impact while oscillating the blade.

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