



The Twist

Purpose:

Improves independent coordinated movement between the hips and chest.

Benefit:

Improves the ability to separate the chest from the hips in the golf swing.

Instructions:

Begin with band attached in the lower door position. Pull the left arm and shoulder back and push the left hip forward. Now switch so that the right arm is back and the right hip is forward.

Quantity:

Do 15 reps and 2-3 sets moving slowly at first and then faster as you go.

