



The Twist #2

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 as in the left picture. Step forward with the right leg and reach forward with the left arm. No reverse so that the left arm and right leg are forward.

Quantity:

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

