

## Revolving Side Angle

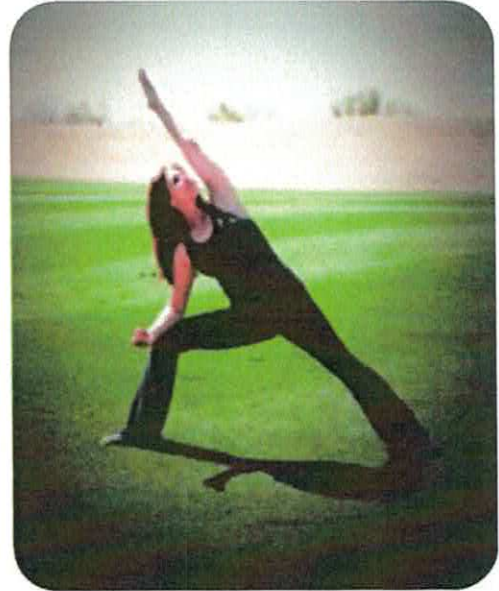


### Golf Benefit

Increases the "X factor" with increased hip/shoulder disassociation thus increased distance on golf shots. Also prevents reverse pivot swing flaw by feeling proper weight transfer on backswing.

### Flow

Hold for 5 - 10 breaths. Switch sides.



### How

From kneeling, bring the left knee forward to a lunge position until it's at a 90-degree angle. Bring the right hand to the left knee. Activate N.T.R. (navel in, tailbone down, rib cage lifts) and revolve from the base of the spine.

### Modifications

For more challenge, put the right elbow on the left knee, the right hand into a fist, and the left hand on top of the right. Twist from the base of the spine, lifting the right shoulder away from the ear. For even more challenge, bring the right knee off the floor.

Place the hands around the shaft of a golf club shoulder width or wider and twist placing the right elbow on the knee.

# Tree



## Golf Benefit

Builds stability and strength in the lower body which allows the golfer to maintain backswing weight distribution and maintain strong finish.

## How

Select one point of focus on the floor approximately 2 feet in front of the feet. Standing with feet hip-width apart, slightly shift the weight onto the left leg, bringing the right foot up to the left ankle, inner knee or inner thigh.

## Flow

Bring hands to waist for 5-7 breaths, then hands above head for 5-7 breaths.

## Modifications

Use a club, chair or wall for balance.  
Place back against the wall and use the right hand to gently encourage the right hip and knee towards the wall.

# Plank



## Golf Benefit

Prevents coming out of posture swing flaw by building core strength to help golfers maintain posture and spine angle thru impact.

## How

Place the hands directly under the shoulders, extend the legs straight. Draw the navel inward, protecting the low back, working the core.

## Flow

Hold for 5-10 breaths.  
Repeat push-ups 1-10 times with good form.

## Modifications

Place knees on the floor.  
For more challenge, try plank push-ups. Inhale and lower slowly, elbows hugging the sides of the body. Exhale as you lift back up.