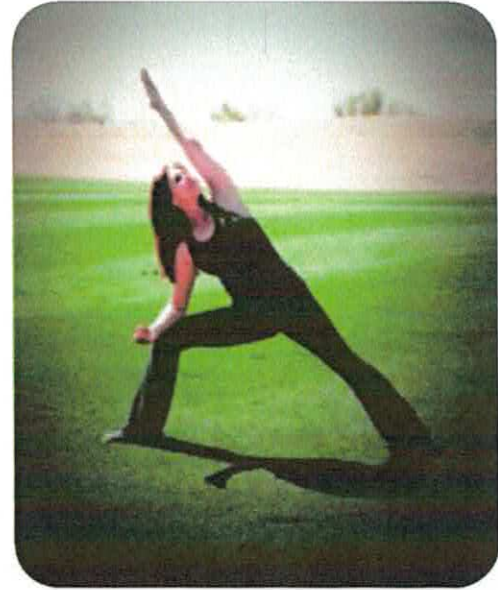
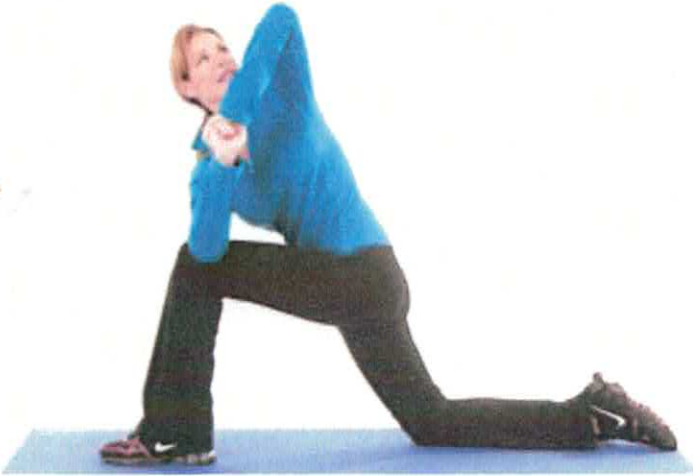


Revolving Side Angle



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.

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.

Flow

Hold for 5 - 10 breaths. Switch sides.

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.