

Physical training / exercise:

Drill of body rotation

Drill for body rotation:

Rotation backswing /downswing with the weight transfer to the left and roll of left hip in the flex bands at the follow through. Keep pressure under the right heel and maintain it on the ground all long swing. Work on the weight pressure from the left toes to heel at impact. Keep the shoulder rotation horizontal (no lateral inclination of the trunk!). You must feel your left gluts pulling the flex band at the final position.



2 series of 10 reps - (at the speed you keep a fluent motion!)