



## Hip Swivels

Rotate pelvis left to right while increasing the amount of rotation each time. Upper body should remain still while pelvis rotates.



## Torso Rotations

Maintain golf address posture with slightly bent knees, forward bent at hips. Rotate torso left to right while keeping pelvis fixed. Focus on separating upper body from lower body.



## Full Turns

From ready stance, turn shoulders AND hips from side to side. Focus on shifting weight onto each leg as you turn in that direction.



## Arm Swings

As if you're holding club, turn shoulders and swing one arm back while keeping other hand in front. Swing and bring arms together in front of body and repeat motion to other side.



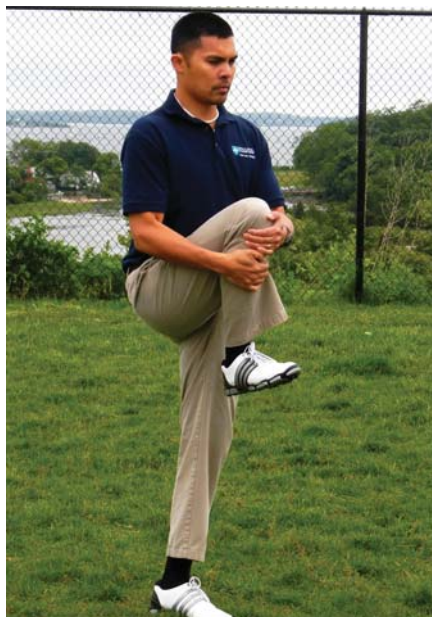
## High Knee to Elbow March

March with high knees, rotate torso and shoulders while bringing opposite elbow to knee.



## Leg Swings

Tighten abdominals by drawing navel inward. Swing leg forward and back several times. Then swing leg diagonally across body. Alternate legs.



## High Knee Lunges

Tighten abdominals by drawing navel inward. Pull right knee up to chest. Release leg and then step backwards with right leg into lunge position with bent knees. Maintain good posture. Alternate legs.

