

BETTER TURN FOR LONGER DRIVES

10 EXERCISES TO IMPROVE ROTATION

<i>POSITION</i>	<i>REPS</i>	<i>TEMPO</i>
01 CAT/COW WITH BAND	10 REPS	SLOW
02 OPEN BOOK STRETCH	10 REPS	SLOW
03 4 POINT KNEELING WITH BAND ROTATIONS	10 REPS	MODERATE
04 STANDING LAT STRETCH	3 REPS TO SIDE	10 SEC HOLD
05 HALF KNEELING TWISTS WITH BAND	5 EACH SIDE	MODERATE
06 SINGLE ARM SPLIT STANCE ROWS WITH BAND	10 EACH SIDE	MODERATE
07 SINGLE ARM ALTERNATING BENT OVER ROW WITH BAND UNDER FEET	10 EACH SIDE	MODERATE
08 SIDE LUNGE WITH THORACIC TWIST	10 EACH SIDE	MODERATE
09 SINGLE LEG STANCE WITH THORACIC ROTATION	10 EACH WAY	MODERATE
10 SQUAT TO BAND CHOP	10 EACH WAY	SLOW