

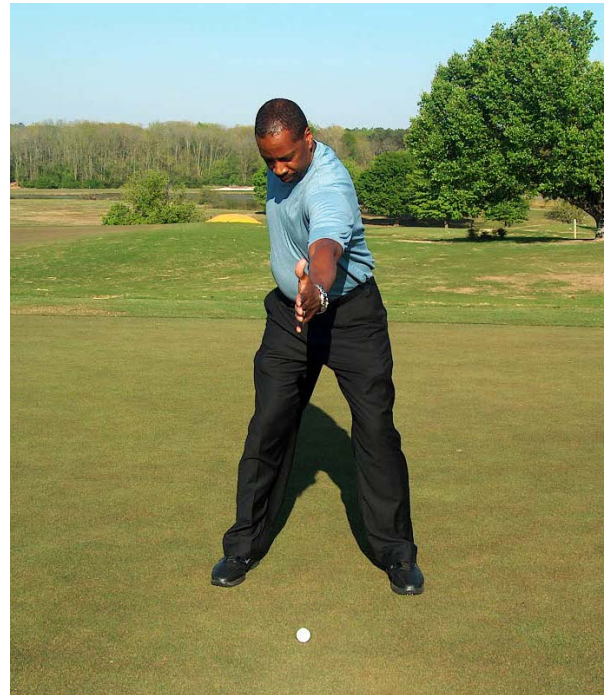
Golf Exercises

© Dwayne Gatlin Golf

Exercise for Full Swing



1. Start with hands outstretched



2. Twist torso and arms to the right

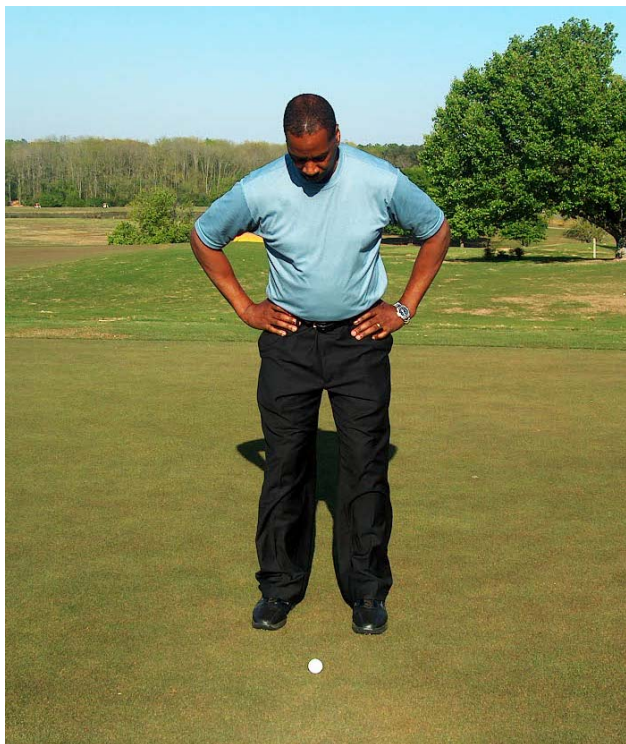


3. Rotate to the left to finish

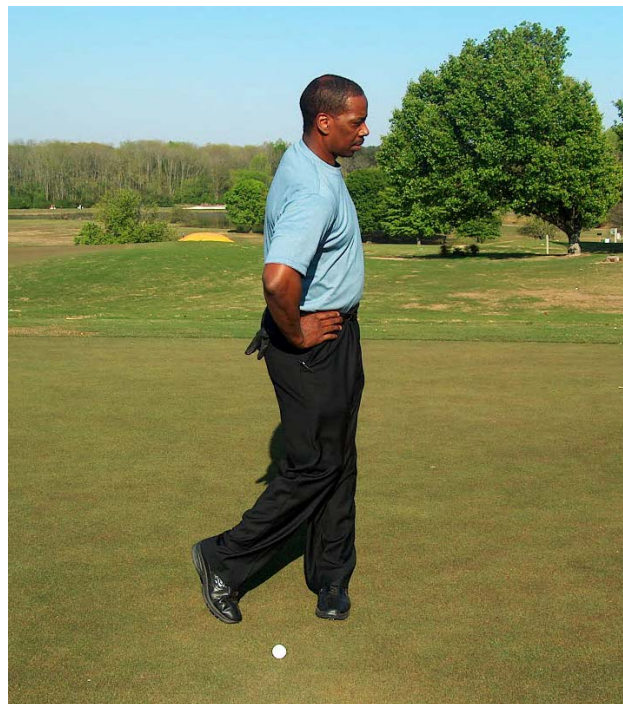


4. Bring hands down to side and maintain balance

Exercise for the Finish Position



1. Place hands on side and look at ball



2. Rotate to left as illustrated. Right heel should come off ground.