



Physical training / exercise:

Left shoulder stability

Holding shoulder and angles:

Mid downswing position, maintain your left arm straight & horizontal. Hold a bottle of water (from 0.5l to 2l) vertical. The goal is to not shake!



Exercise to repeat 10 seconds X 5 with 10 seconds rest in between. You can slowly increase the volume of water (from 0.5l to 2l).