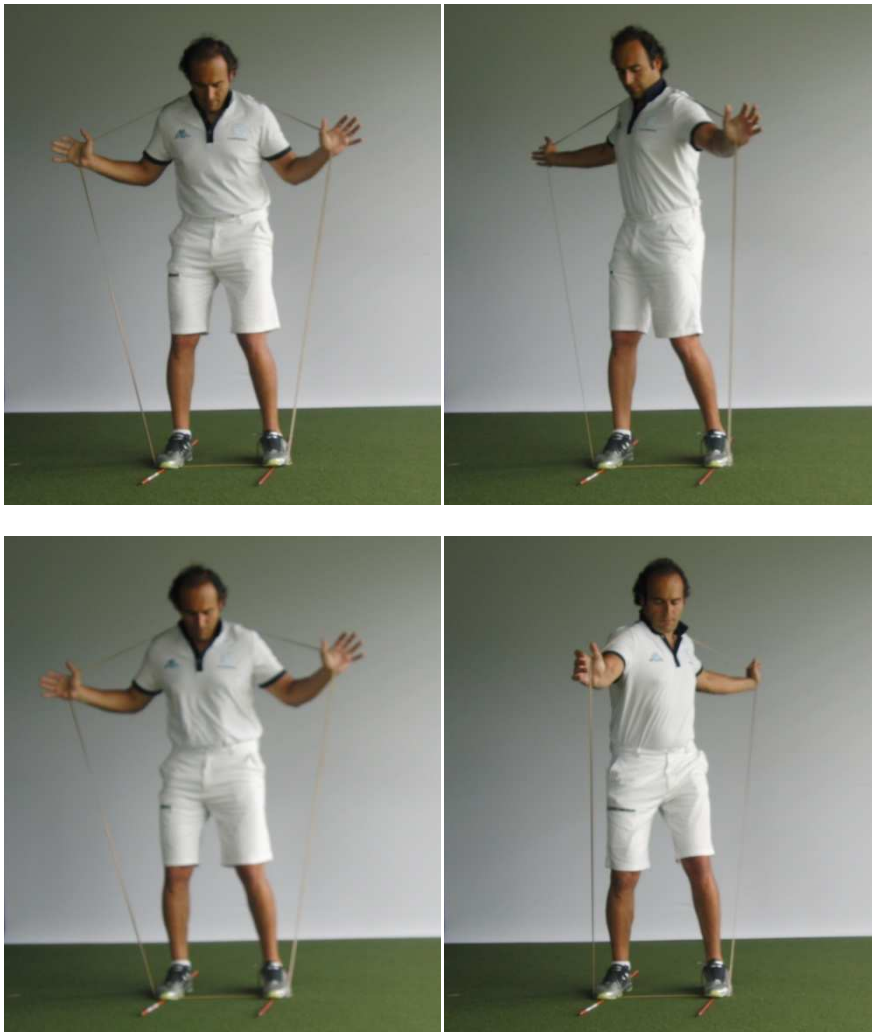


Physical training / exercise:

Shoulders rotation

Dissociation of shoulders on grounded stance

Take a wide base stand on two parallel golf stick under your feet. Place a flex band around between feet and shoulders. Dissociate your shoulders while keeping a steady stance, with no roll of feet.



Minimum of 10 reps on each side.