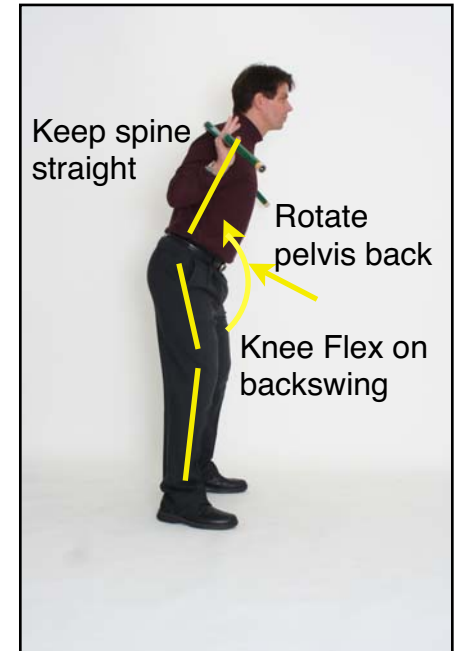
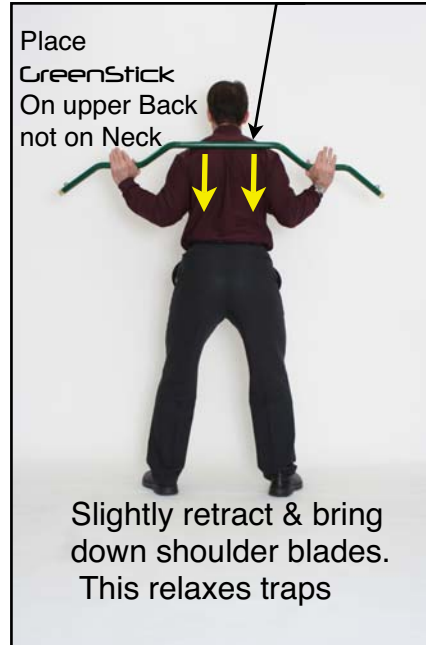
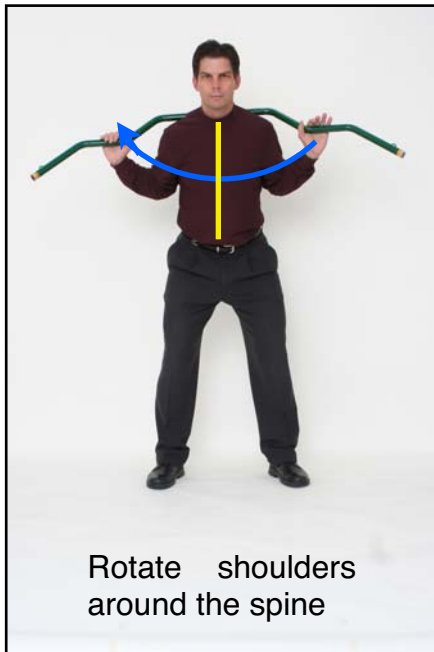
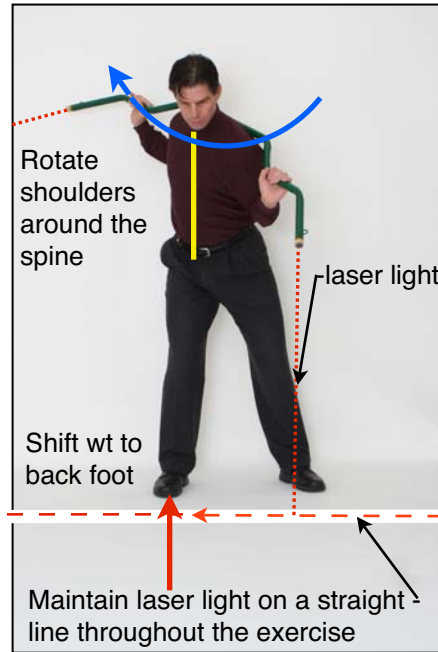
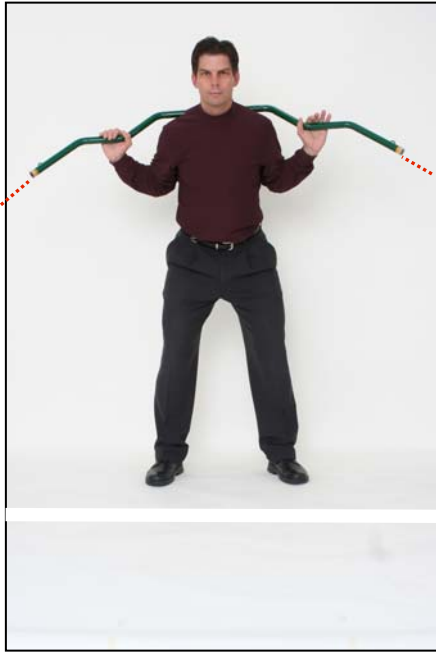


Posture

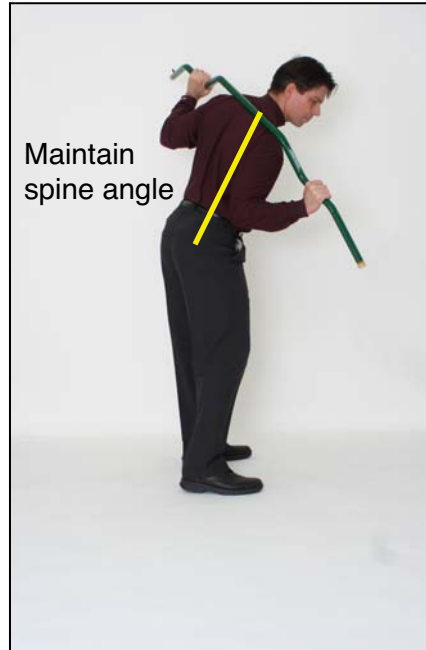
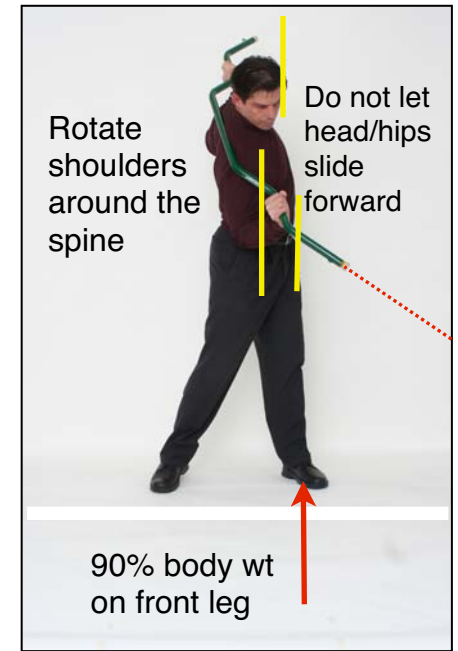
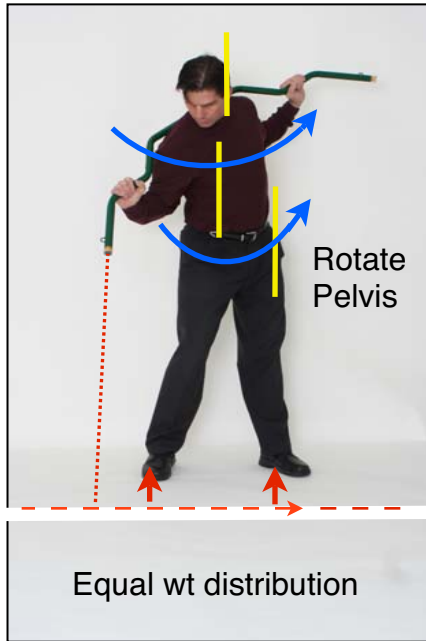
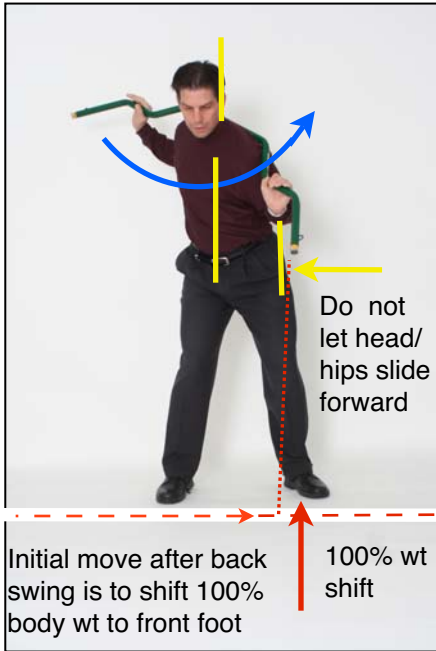
Neutral/ Starting Position



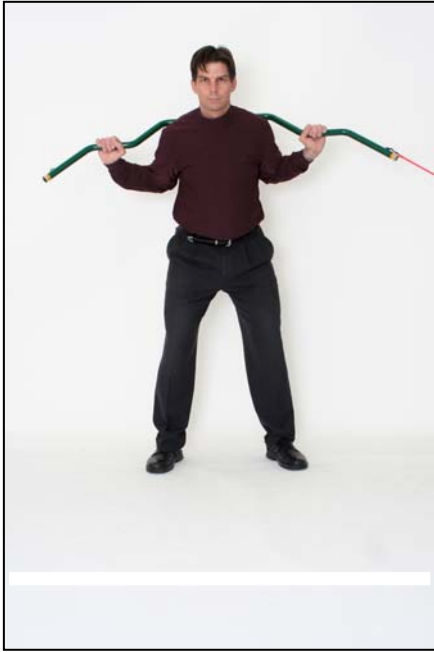
Phase I Backswing



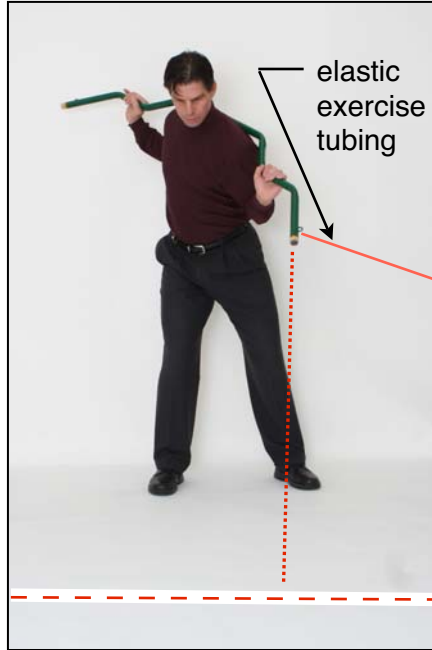
Phase I Downswing



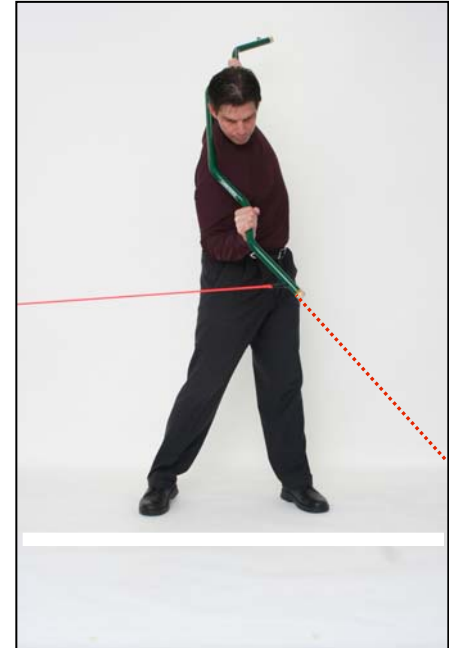
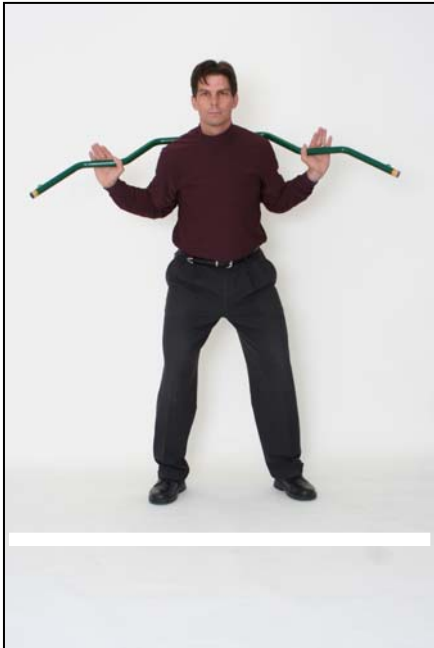
Backswing with Elastic exercise tubing



Phase II



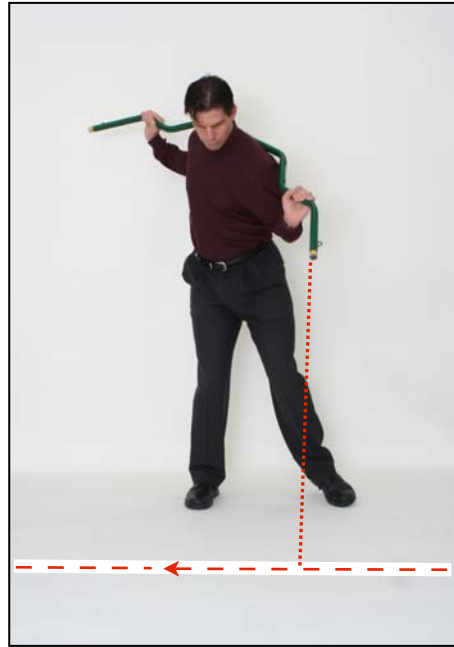
Same as Phase I with the addition of the elastic exercise tubing



Down Swing with Elastic exercise tubing

Phase III

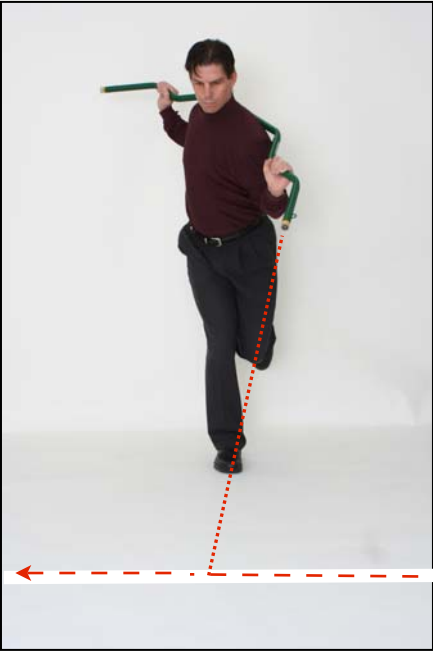
Back Swing with Step off



Down Swing with Step off

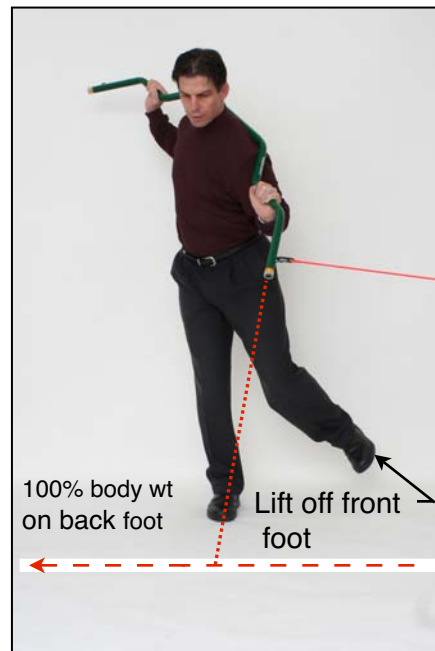
Phase IV

One Leg back Swing

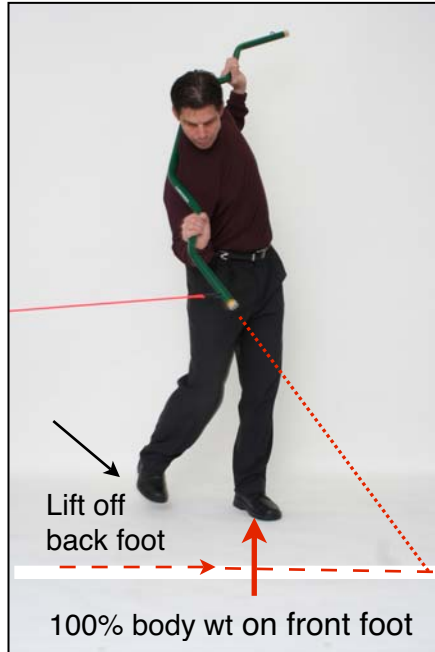


One Leg Down Swing

Back Swing with Step off using elastic exercise tubing



Same as Phase II with the addition of the elastic exercise tubing

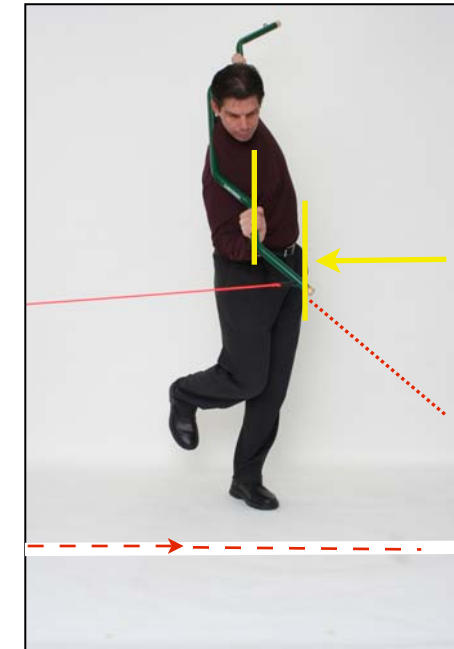
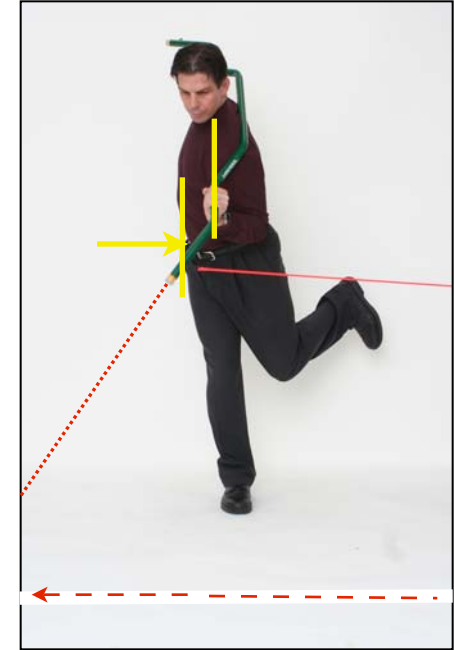


Phase V

Down Swing with Step off using elastic exercise tubing

Phase VI

Same as Phase IV with the addition of the elastic exercise tubing



One leg downswing using elastic exercise tubing