



## Torso Burner Exercises

Using the Torso Burner is fast, fun and easy. There are just a few exercises that you'll need to do in order to make your core explosively fast and powerful.

First, some simple rules that apply to all exercises:

1. Each exercise should be done for a maximum of eight seconds. Even six seconds are enough as long as the intensity is high. Exercising for longer periods will only make you slower and build up lactic acid, which will cause soreness the next day.
2. Two to three sets per exercise are more than adequate. Quality is more important than quantity.
3. Torso burner exercises should be done only two to three times per week. Do not exercise the day before a big tournament. You may experience fatigue on the following day.

Torso Burner Golf Exercises	
<b>Twist</b>	Explosive core exercise
<b>Shoulder Turns</b>	Put bar behind shoulders and turn as in a golf swing
<b>Hip Turns</b>	Put bar behind hips
<b>Triceps Pushdown</b>	Triceps palm up
<b>Biceps Curl</b>	Biceps palm up
<b>Wood Chops</b>	Split handed grip, turn and drive down hard

**TWIST:** this is the best core exercise for any athlete. It is fast, explosive and even builds opposing muscle speed strength for athletes. It will recruit the fast twitch muscles in your whole body as well and build the muscles in size while doing so. Here's how to do it:

1. Get into an athletic posture. Your knees should be bent, feet should be shoulder width apart, weight is forward on the balls of your feet, back is straight yet tilted forward as in the golf swing and be ready to move.
2. Next, with your arms bent and holding the bar in front of you with your palms facing down, begin slowly twisting from side to side. Once you understand the movement of the chains, go as fast as you can for eight seconds. Refer to Figures 1a and 1b.

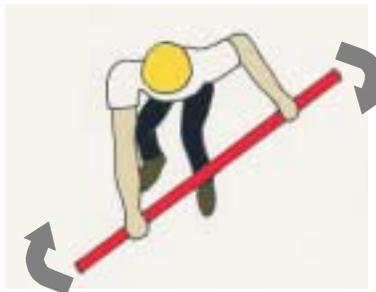


Figure 1a

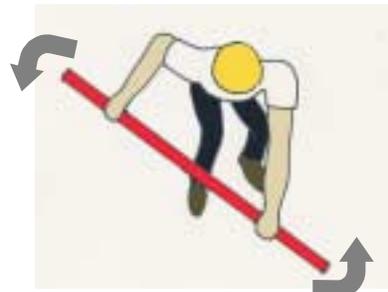


Figure 1b

*Twist* continued on page 2



## Torso Burner Exercises

*Twist, continued*

3. Your lower body and midsection will begin to initiate movement milliseconds prior to movement of your hands. This is critical in aiding your golf specific muscle recruitment patterns.
4. As a variation, do side twists. Begin by turning 45 degrees to your right, and then do the same rapid-fire twists as in steps 1-3. This will develop your backswing turn, transition and explosive firing of your downswing.

**SHOULDER AND HIP TURNS:** these are excellent for ingraining movement patterns in your golf swing.

1. Place the bar behind your shoulders, get into the golf posture (back straight but tilted forward and knees bent) and then do the turns. Remember to retain your spine angle during the exercise as you would during a proper golf swing.
2. To do hip turns, place the bar behind your hips and repeat as above.
3. Resistance on the backswing turn is essential for a proper loading for a golf swing. Work on retaining your knee flex and contraction of the thigh muscles.
4. Over-the-top shoulder movements can be readily seen by doing this exercise in front of a mirror. The shoulder plane should not change when doing this exercise. If the right shoulder comes out and over, you've just come over the top. If this is your swing flaw, try to keep your right shoulder lower as you begin the downswing turn.

### TRICEPS AND BICEPS

1. Start in your golf posture.
2. Rotate the bar in a counterclockwise direction so that the bent ends of the bars are at a 45 degree angle to the ground. The bent section of the bars should angle outward and forward. This will give the exercise the proper resistance. Refer to Figure 2a.
3. Next, learn the movement. This differs from traditional curls and triceps push downs in that the resistance pattern is not vertical. It is more "curvilinear" with the chains moving out at a 45-degree angle away from you and then back towards you.
4. For triceps pushdowns (Figure 2b), hold the bar (in the same position as step 2) with your palms facing down. For curls, hold the bar with your palms up.



Figure 2a. Note: the directional movement is NOT vertical but at a 45 degree angle.



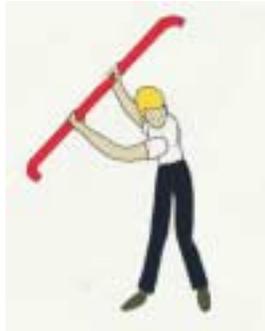
Figure 2b



## Torso Burner Exercises

**WOOD CHOPS:** this simulates the beginning of the downswing.

1. Use a split handed grip about shoulder width with your left palm down and right palm up
2. Turn as you would normally do your backswing and then chop the ground before impact. Refer to Figure 3.
3. Your lower body should resist turning towards the ball and your “abs” should contract in a way similar to when doing crunches.



Start Position



Figure 3

For video clips of these exercises, go to [www.powerswing.net/membersonly.html](http://www.powerswing.net/membersonly.html).

If you are interested in exercises of a higher level of intensity or exercises for agility, there are several excellent ones that can be recommended. Email Kelvin at [hyga@lokahi.com](mailto:hyga@lokahi.com) for more information and videos.