ARCFORM

Lower back plan

Get your front hip turning and give your back an edge on the next 18 holes.

Goal	Get your front hip turning in again, then your hips and trunk turning together, so your lower back stops taking the turn.
How often	Before every round and range session, and on two other days a week.
Equipment	Long band, post or door anchor at chest height, wall

The session

1 Front hip turns

2 × 10
on the front leg

Weight on your front leg, foot planted. Turn your belt buckle round past it.

2 Hip airplanes

2 × 5
slow, each leg

One leg, hand on a wall, tip forward at the hip. Turn your chest down to the standing leg, then away.

3 Banded knee drives

2 × 6
each leg, 3-second hold

Band round the middle of both feet. Drive one knee to hip height, hold.

4 Hip and trunk turns

2 × 5
each way

Feet wide, arms crossed. Hips and chest turn together, back heel lifts.

5 Lunge and twist

2 × 5
each side

Band tight out in front. Lunge, then turn your chest over the front knee.

6 Banded turns

2 × 8
each side, slow return

Anchor at chest height, arms out. Turn away slowly, hips and chest together.

Too hard or too easy?

- Front hip turns. Too hard: a smaller turn. Too easy: a 2-second pause at the end of each turn.
- Hip airplanes. Too hard: tip forward less far. Too easy: 8 each leg, then fingertips only on the wall.
- Banded knee drives. Too hard: band off. Too easy: 10 each leg, then a stronger band.
- Hip and trunk turns. Too hard: a smaller turn. Too easy: a 2-second pause at the end, then 8 each way.
- Lunge and twist. Too hard: a shallower lunge. Too easy: a 2-second pause at the bottom.
- Banded turns. Too hard: stand nearer the anchor. Too easy: 12 each side, then a stronger band.
- Step up when every rep is clean two sessions running. Step down if your back is sorer the next day.