Forehand Rotator

By Joe Dinoffer
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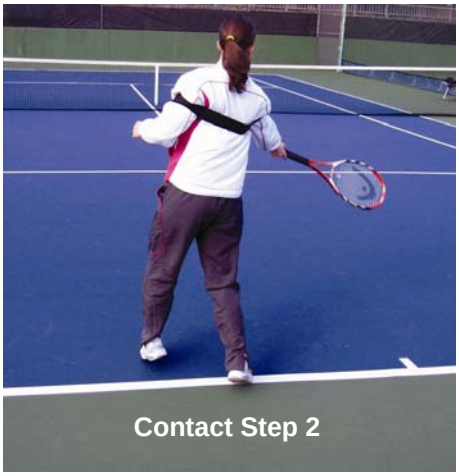
How it Works

Too many players incorrectly hit forehand groundstrokes with an isolated arm motion and primarily use their shoulder as the center of rotation for the entire swing. Through scientific studies, we now understand that the entire body must efficiently work as a unit to hit an optimal forehand. The result is a stroke with maximum power and control, yet without excessive effort. Along with ground forces (bending in the knees), body rotation is the key to a better forehand.

The Forehand Rotator guides all levels of players to better “feel” the correct biomechanics, from beginners all the way to highly competitive players.

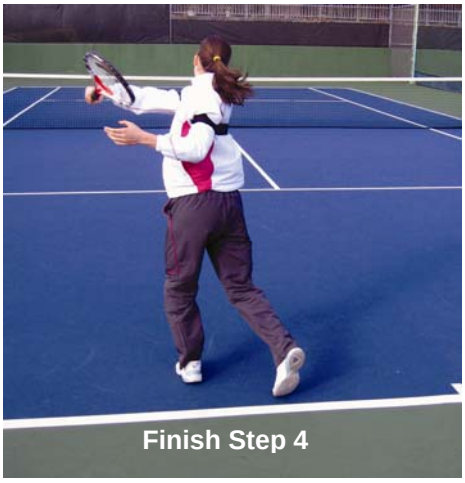
Simply place the Velcro comfortably around both biceps and adjust the Velcro strap to fit snugly across your upper back. Note that the strap should not sag. Hit balls softly at first to feel how the racquet arm coils the other arm in preparation for the swing and uncoils the entire upper torso during the forwards swing and finish (or release phase) of the stroke. After several shots with the Forehand Rotator in place, try hitting without it and make sure your improved feel and corrected swing pattern is maintained. If not, repeat the process.

Backswing Step 1



Contact Step 2

Extension Step 3



Finish Step 4