

## At the Core of Fast Improvements and Higher Performance Levels

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In the June 2013 Slowinski at-large, I discuss the importance of the upper body in bowling. The torso impacts the swing, footwork, the slide and finish as well as contributes to energy generation through foot speed and torso rotation. In other words, the upper body is more important than you think. Learn how in this month's Slowinski at-large.

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