

ADDRESS POSITION ROWING WITH TUBING



113 A



113 B

Purpose: Strengthens parascapular, spinal, abdominal and shoulder muscles.

Benefit: Improves retraction of shoulder blades in address position, creating a more connected swing.

Instruction: Stand with correct “primary tilt” posture. Hold tubing which is secured low in the door, arms straight out in front so your hands are in the middle of your chest. Squeeze shoulder blades back (113A) then bring hands to chest slowly (113B). Hold position 2 – 3 seconds, slowly release hands away, while maintaining correct “primary tilt” position.

Quantity: Repetitions _____ Set(s) _____