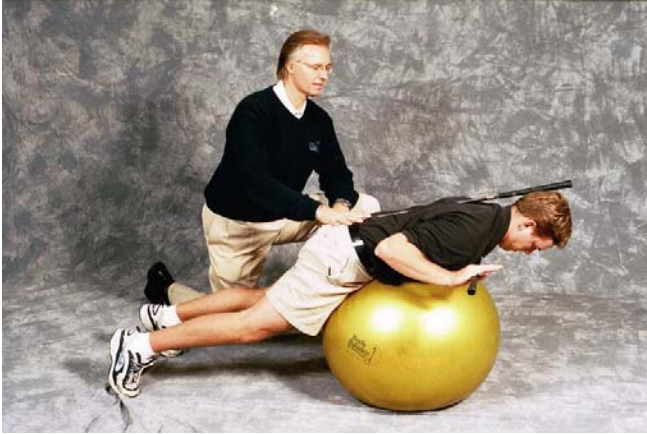
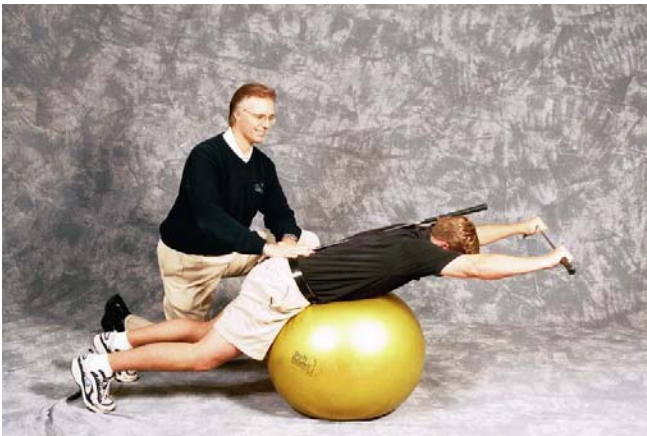


## SUPERMAN



69 A: Start



69 B: Finish

**Purpose:** Strengthen mid and upper back, shoulder blade muscles, and improve scapulo-humeral control.

**Benefit:** Improve balance and proper posture throughout the swing.

**Instruction:**

- A:** Lay on Swiss ball with stomach flat and slight pelvic tilt. Squeeze shoulder blades back, keeping arms in plane with body.
- B:** Slowly move arms out away from body, while keeping the shoulder blade squeezed together. Hold at farthest point 2-3 seconds before returning to original position. Repeat process.
- C:** To increase intensity and resistance move further out over the ball with the knees off the floor.

**Quantity:** Reps \_\_\_\_\_ sets \_\_\_\_\_