

## SUPINE ABDUCTOR SQUEEZE



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**Purpose:** Helps to correct and stabilize twisted pelvis contributing to unlevel hips.

**Benefit:** Able to achieve level hips in standing and improves ability to achieve ideal posture at address.

**Instruction:** Lie on back, hold basketball or similar sized firm object between knees, and squeeze the ball with as much force as you are able to produce.

**Quantity:** Squeeze and hold for \_\_\_\_\_ breaths, repeat one time.

# Re-Educate

