

SUPINE PUSH-PULL



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Purpose: Helps to correct a pelvic torsion contributing to unlevel hips.

Benefit: Able to achieve level hips in the standing posture and promotes the ability to achieve parallel shoulders and hips in golf address posture.

Instruction: Lie on back, place _____ foot on bent _____ knee, push _____ while pulling _____ knee without movement.

Quantity: Hold _____ breaths _____ reps.