

SUPINE RIGHT SIDE REACH AND GLIDE



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- Purpose:** Helps to correct unbalanced pelvis (“upslip”) and helps straighten side bent spine.
- Benefit:** Improves posture at address, helps balance throughout the swing.
- Instruction:** Lie on the floor on your back, bring _____ arm overhead, bend _____ knee, reach _____ arm and _____ leg as far away from body as possible.
- Quantity:** Hold _____ breaths _____ reps.