

SUPINE TRUNK ROTATION STRETCH WITH KNEE CROSSED



14

- Purpose:** Release spinal rotation and hip tightness.
- Benefit:** Improves trunk and hip rotation during backswing and follow-through.
- Instruction:** Lay on back, bend both knees, and bring one arm into the tray position. While keeping that shoulder blade in contact with the floor, cross a leg over the other knee and allow the legs to rotate away from the elevated arm toward the floor
- Quantity:** Hold _____ rotate knees _____