



Single Arm Rowing With Tubing

Purpose:

Strengthens parascapular, spinal, and shoulder muscles.

Benefit:

Improves retraction of shoulder blades in address position, creating a more connected swing.

Instructions:

Stand with correct posture – pelvic tilt, shoulder blades back, chin tucked. Hold tubing which is secured low in the door, arms straight out in front, squeeze shoulder blades back (117A) then bend one elbow to your side while increasing that shoulder blade squeeze (117B). Hold for 1 count then begin to bend the other elbow in the same manner while straightening the bent elbow at the same time. Hold for 1 count and repeat sequence.

Quantity:

Reps _____ sets _____

