



Single Leg Dead Lift

Purpose:

Improves dynamic stability of the pelvis and lower extremity.

Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing.

Instructions:

Start with one handle at a low point of attachment and place your feet together. Loop the other handle around one shoulder and wrap the tubing around your back. Grab one of the foam handles with the opposite hand. The hand of the shoulder that the tubing is looped around should be flat at the small of your back. Slightly bend your knees and extend your spine to create a curve at the small of your back. The hand that is placed there should assist you in maintaining this position by feeling the curve. Bend at the hips while not allowing your shoulders to rotate. As you bend, raise the leg that is on the same side as the hand that is holding the tubing, keeping it straight and with toe pointed. Keep hips and shoulder parallel to the floor. Then return to a standing position. For further resistance, slide further away from the point of attachment or double the tubing and place both handles at the attachment. Add a toe lift or heel lift to modify the exercise. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

