



## Split Squat

### Purpose:

This exercise teaches you how to stabilize your trunk while moving your leg. It also begins to build strength in the lower body

### Benefit:

This exercise teaches skills needed for independent movement of the lower body in the golf swing.

### Instructions:

Place the handles of the tubing in a low point of attachment at knee height or just below and the middle of the tubing around the back leg. Spread your stride length out. Keep feet in a narrow stance (In line). Bend forward leg and keep the back leg slightly bent but do not allow it to bend any further. Hands stay on the hips or at your side. To come out of this position, push forward with back leg and push back with forward leg in a scissors action. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

