



Split Stance Lift

Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

Benefit:

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

Instructions:

Stand perpendicular and slightly ahead of the point of attachment with inside leg forward. Narrow your base to within 6-inches width between heel of front foot and toe of back foot. Hold hips directly under and spine should be erect with the shoulders back. Arms should be extended with palms facing downward while holding the handles. Pull the tubing up and across the chest while keeping it close. Shoulders turn minimally. All actions should be done with the arms with no movement from the rest of your body while tubing in line with closest arm. One of three hand grips may be used. 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:

_____ x day _____ sets _____ reps

