



## Squat 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:**

Place the middle of the tubing at a low point of attachment. Stand slightly ahead and at an angle facing the point of attachment with feet shoulder width apart. Hold hips directly under and spine should be erect with the shoulders back. From the side, there should be a straight line from head to knee. Arms should be extended with palms facing away from each other while holding the handles. Pull up the tubing across the chest while keeping it close. Shoulders turn minimally and palms will be facing each other. All actions should be done with the arms while having minimal movement from the rest of your body. Tubing should be 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

