



## Standing D2 Flexion And Extension Lunge

### Purpose:

Improves dynamic stability of the pelvis and 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 chest high point of attachment. Place the nylon straps of the handle around your hands. Stand in a staggered stance, hands out in front. While keeping both arms in an extended position, extend one arm up and the other arm down and squeeze your shoulder blades together. The arm that goes up is the opposite arm from the foot that is in front of your stance. Turn head to the shoulder that is in the up position. During the exercise, maintain a retracted and depressed (low) shoulder position. One of three hand grips may be used. For more resistance, back 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



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