



## Standing D2 Flexion Lunge

**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 middle of the tubing at a low point of attachment. Secure one handle and place the nylon strap of the other handle around the hand. Stand in a correct posture with feet shoulder width apart. Pull the handle from the hip opposite the arm holding the tubing across the body finishing above the same shoulder as the tubing. Extend arm and then step back into a lunge position with the outside leg. Stand back up and then lower your arm. Maintain a long and tall posture with minimal movement during the exercise. The tubing should be in line with the arm pulling. 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:**

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

