



Standing Flexion And Extension

Purpose:

This developmental exercise improves muscle activation and contraction sequences of the upper torso.

Benefit:

This exercise improves rotational stability of your 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:

Do _____ reps _____ sets on _____ side(s).

