



Cats And Dogs

Purpose:

Cats and Dogs is the best exercise to increase your range of motion for your spine.

Benefit:

This will allow you to get into a better set up position and help prevent spine problems in the golf swing.

Instructions:

Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.

Quantity:

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

