



## Deep Squat Heels Up With Arm Reach

### Purpose:

This exercise forces your core to activate before performing a deep-squat. This will help build better stability in your deep squat.

### Benefit:

Good deep squat form reduces early hip extension and creates power and stability in your golf swing.

### Instructions:

Begin in standing with your heels on a foam roller and your feet a comfortable distance apart (shoulder width at least). Bend over and touch your toes. Now sit into a squat position. Next raise your right arm over your head rotating your torso to the right. Lower your arm. Repeat with the left side. Now raise both hands overhead and stand. When you stand up extend your body back as if you are doing a back dive into a pool.

### Quantity:

Perform \_\_\_\_\_ reps \_\_\_\_\_ sets .

