



Deep Squat With Lat Raise With Tubing

Purpose:

This is a great exercise to build mobility and stability in your deep squat, strength in your legs, and overall range of motion in your shoulders.

Benefit:

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

Instructions:

Attach the middle of the FMT to the low hinge of a door. Grab both handles and lift each arm up vertically while trying to perform a full deep squat. This will force you to engage your core muscles.

Quantity:

Do _____ reps _____ sets.

