



Half Kneeling Chop

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:

Attach middle of the tubing at a high point of attachment and take hold of both handles. Kneel at an outward angle with outside knee down. Both knees should be flexed at 90 degrees. Narrow your base to within 6-inch width of knee of one leg and heel of the other. Hold hips directly under the trunk and spine erect with the shoulders back. Arms should be extended with palms facing together while holding the handles. Pull tubing down and across the chest while keeping it close to your body. Shoulders should turn minimally and your head should face forward. All actions should be done with the arms. The tubing should come across the body from shoulder to opposite hip, palms facing down. Tubing should be in line with closest arm. One of three hand grips may be used. For more resistance, slide farther away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ x day _____ sets _____ reps

