



Half Kneeling D1 Extension

Purpose:

Improves static stability of the pelvis and lower extremity.

Benefit:

Better static 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. Secure one handle and use one of three hand grips for the outside arm/hand. Put closest knee down and keep front foot within 6-inches in-line with the downed knee. Pull tubing from the opposite shoulder to the same hip and slowly return to start position. Keep the tubing in line with the arm performing the movement. Maintain a long and tall spine while minimal movement during the exercise. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

