



Half Kneeling D1 Flexion

Purpose:

Improves dynamic stability of the pelvis and lower extremity.

Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing.

Instructions:

Place middle of the tubing at a low point of attachment. Secure one handle and use one of three hand grips for the inside arm/hand. Kneel in a correct posture with front foot within 6-inches in-line, pull the handle with the hand closest to the attachment across the body finishing above the opposite shoulder. Then slowly lower arm back to start position. Keep the tubing in line with the arm performing the movement. Maintain a long and tall posture with minimal movement from the body. For more resistance, slide further 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

