



Quadruped Reach, Roll and Assisted Lift

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:

Place the middle of tubing at a high point of attachment and place hands in the straps of the handles. Face away from the point of attachment. Put your hands in front of shoulders under your shoulders and knees under the hips, and then rock back to your heels with your hips. Extend and reach the hand/arm, rotate palm up, and lift. During the complete movement, the body should be still. For more assistance, raise the level of the point of attachment or move further away. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side(s) _____ x day _____ sets _____ reps

