



Resisted Quadruped Diagonals (Scapular Stability)

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 strap of the handles around your hands and place the middle of the tubing around your foot. Put your hands directly under your shoulders and knees under the hips. Place a towel roll in the middle of the thoracic spine between your shoulder blades to maintain proper position during the exercise. Extend one leg out. Extend the opposite hand/arm and rotate palm up. Keep toes pointing down through the movements. Use a floor mat for comfort. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

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

