



Resisted Quadruped Reach (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 on foot. Put your hands directly under your shoulders and knees under the hips. Place a towel roll in the middle of your back at the thoracic spine and maintain its position during the exercise. Extend the arm out and roll the palm up and return back to the start position. Keep toes point straight 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

