



RNT Single Leg Toe Touch

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 the handles at a knee point of attachment and put the middle of the tubing around the outside the leg. Keep the outside leg slightly bent through the entire movement. As you bend, raise the leg keeping it straight and with toe pointed. Keep hips and shoulders parallel to the floor. There should be a straight line from head to toe. Don't allow the knee to cave in through the entire movement. Then return to a standing position. For further resistance, slide further away from the point of attachment. Add a heel lift or toe lift to modify the exercise. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

