



## Supine Chop

**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 the tubing at a low point of attachment. Lie on your back and reach both arms over one of your shoulders, perform the chop pull to the opposite hip. From the starting position, start the palms facing each other. The palms should then be taken to the opposite hip with the tubing crossing the body. At the end of the pull, the palms will rotate and face toward the feet. The hands should remain close to the body at the finish. There should be minimal head and body movement. Place a towel roll in between the knees and squeeze. One of three hand grips may be used. To add more resistance, lie further away from point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

**Quantity:**

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

