



## Supine Right Side Reach And Glide

### Purpose:

Helps to correct unbalanced pelvis (“upslip”) and helps straighten side bent spine.

### Benefit:

Improves posture at address, helps balance throughout the swing.

### Instructions:

Lie on the floor on your back, bring \_\_\_\_\_ arm overhead, bend \_\_\_\_\_ knee, reach \_\_\_\_\_ arm and \_\_\_\_\_ leg as far away from body as possible.

### Quantity:

Hold \_\_\_\_\_ breaths \_\_\_\_\_ reps.

