



Tall Kneeling D1 Flexion

Purpose:

Improves static stability of the pelvis and lower extremity.

Benefit:

Better static stability improves your ability to rotate on stable postures throughout the golf swing.

Instructions:

Place middle of the tubing at a low point of attachment. Secure one handle and take hold of the other handle. Tall kneeling in a correct posture with knees shoulder width apart, pull the handle up and across the body finishing above the opposite shoulder. Then slowly lower arm back to start position. Maintain a long and tall posture with minimal movement from the body. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide further from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

