



Tall Kneeling D2 Extension

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.

Instruction:

Place the middle of the tubing in a high point of attachment. Take one handle and secure it, then place the nylon strap of the other handle around the hand. Tall kneel in a good posture with knees shoulder width apart and a straight line from head to knees. Start the pull with arm extended shoulder on same side as tubing and finish at the opposite hip. Finish with arm, wrist, and hand flexed (into a fist). Slowly return to the starting position. Maintain a long and tall spine with minimal movement during the exercise. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide further away 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

