



## Toe Touch Progression

### Purpose:

This exercise improves your toe touch mechanics.

### Benefit:

Research has proven that toe touch is integral to posture stability in the golf swing

### Instructions:

Place the two handles at a mid thigh point of attachment. First, place the middle of the tubing around the both knees and place a knee squeeze (Anterior Weight Shift) or towel roll (Posterior Weight Shift) in between the knees and squeeze. Take arms above your head to keep your spine long and tall and then bend over to touch your toes. Keep your knees slightly bent, but bend them further to make sure to touch your toes. Return upright and raise your hands above your head. Second half of the exercise, wrap the tubing around your waist and perform the same exercise. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

