



Up Lift Hold

Purpose:

This is a great exercise for rotator cuff stability.

Benefit:

Improves shoulder connection and strength of the shoulders throughout the golf swing

Instructions:

Lift your elbows to the sky with your hands hanging down to your side and your elbows bent to 90 degrees. Then rotate your hands up to the vertical position, and then drop the weights to shoulder height and stop. Try this three times in three different hand positions (palms facing each other, palms facing down, and palms facing away from each other).

Quantity:

Do _____ reps _____ sets on _____ side(s).

