



Wall Sit With Arm Slide

Purpose:

Reeducate neutral spine position and improve scapular stabilization.

Benefit:

Improve spine angle at address and promote proper shoulder blade control throughout the golf swing.

Instructions:

Legs hip width apart, knees bent. Pelvic tilt keeping back flat against wall. Squeeze shoulder blades back against wall while maintaining posture. Neck should feel extended and long with chin tucked. Slide arms up wall until light tension is felt. Hold 8-10 seconds into light tension, then relax into original position. Repeat process required repetitions.

Quantity:

Reps _____ sets _____

