



Assisted Curl-Up

Purpose:

This exercise improves abdominal control and strength.

Benefit:

Abdominal control and strength improves trunk stability in the golf swing.

Instructions:

Attach handles of the tubing at a high point of attachment, and place a towel roll between the knees. Loop the middle of the tubing around your back. Lie on your back with hands holding the foam handles. Keep hands relaxed and raise head and neck until chin touches chest. Contract abdominals and bring shoulders off the surface, follow with the mid back and finally the low back being lifted off the surface. Keep the knees straight and squeeze the towel roll at all times. Hold the stretch for a few seconds and then reverse the process. Slowly rolling back down to the surface making your abdominals control the descent. Make sure that your lower back touches first, then mid back, then shoulders, and finally your head. For more assistance, slide farther away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

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

