



Assisted Hip Abduction With Core Activation



Purpose:

This exercise teaches you how to stabilize your trunk while moving your leg.

Benefit:

This exercises teaches skills needed for independent movement of the lower body in the golf swing.

Instructions:

Hook one loop around top foot and run the tubing underneath the foot. Grab the other handle with top hand, and place point of attachment at a higher height. Make sure the line of the pull is straight in line with the body and not angled. Pull one handle to the floor with top arm and then point toes in the air then raise the top straight leg, abducted to the side. Slowly lowering the leg and then raising the arm up from the floor. Always maintaining a side laying position with no rotation during the full exercise. Before starting your exercise, please make sure the point of attachment for the tubing is secure. Use a floor mat for comfort.

Quantity:

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



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