



Criss-Cross Deep Squat

Purpose:

This exercise helps build better stability in your deep squat.

Benefit:

Improves early hip extension, stability and power in your golf swing.

Instructions:

Attach each handle of the rubber tubing to the lower part of a doorway. Criss-cross the tubing and step into the loop, placing the harness around your legs between your ankles and knees. Step back away from the door and hold a club up high over your head. Now, keeping your feet separated (there should be resistance from the tubing) try to perform a full deep squat.

Quantity:

Perform _____ reps _____ sets .

