



## Deep Squat With Lat Raise With Tubing

### Purpose:

This is a great exercise to build mobility and stability in your deep squat, strength in your legs, and overall range of motion in your shoulders.

### Benefit:

Good deep squat form reduces early hip extension and creates power and stability in your golf swing.

### Instructions:

Attach the middle of the FMT to the low hinge of a door. Grab both handles and lift each arm up vertically while trying to perform a full deep squat. This will force you to engage your core muscles.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

