



## Half Kneeling D2 Extension

### Purpose:

Improves trunk strength and stability

### Benefit:

Creates improved trunk stability throughout the swing

### Instructions:

Place the middle of the tubing in a high point of attachment. Take one handle and secure it, then use one of three hand grips on the inside arm. Kneel in a good, narrow posture with front foot within 6-inches of the down leg (in-line). Start the pull from the same shoulder and finish at the opposite hip. Finish with arm and wrist flexed. Keep the tubing in line with the arm performing the movement. Slowly return to the starting position. Maintain a long and tall spine with minimal movement during the exercise. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ x/day

