



## Half Kneeling Lift

### Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

### Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing

### Instructions:

Place middle of tubing at a low point of attachment and grab both handles. Kneel at an outward angle with inside knee down. Both knees should be flexed at 90 degrees. Narrow your base to within 6-inch width of knee of one leg and heel of the other. Hold hips directly under the trunk and spine erect with shoulders back. Arms should be extended with palms facing downward while holding the handles. Pull up the tubing across the chest while keeping it close. Shoulders turn minimally and your head should face forward. The tubing should come across the body from the hip closest to the point of attachment to opposite shoulder and palms facing away. All actions should be done with the arms, with no movement from the rest of your body. Tubing should be in line with closest arm. One of three hand grips may be used. 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(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

