



## Lifts With Rotation Half Kneeling

### Purpose:

This exercise helps build upper body strength, shoulder range of motion, and overall core stability.

### Benefit:

This is a great exercise to help build width in your golf swing.

### Instructions:

Get into a half kneeling position with your right knee down and position yourself directly in front of the doorway. Reach behind yourself and grab the handles of your tubing with both hands. Slowly lift the resistance up and across your body, extending both arms up to the sky. Alternate back and forth.

### Quantity:

Perform \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s) .

