



## Reach Roll And Lift Down

### Purpose:

This exercise strengthens the lower trap muscle which helps stabilize your shoulder blade.

### Benefit:

This improves shoulder mobility in the golf swing.

### Instructions:

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Take your right arm and reach out as far as possible keeping your trunk and head down. Roll your palm to the sky, and then try to lift your arm up off the ground. Make sure you only lift your arm, not your trunk. Repeat on the other side.

### Quantity:

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

