



Starfish Pattern 2

Purpose:

This developmental exercise improves muscle activation and contraction sequences of the lower torso.

Benefit:

This exercise improves rotational stability of your golf swing.

Instructions:

Lie on your stomach and place the straps of both handles around your feet and place the middle of the tubing around your hands. Extend your hands up and out over your head with a wide grip. Slowly bring your left knee up and out to your side keeping your leg on the ground, and turn your foot out so that your instep is facing down. Now extend and rotate your left leg across your body, turning the foot so that your toes point to the ground as your cross the midline. Make sure your right leg remains extended and the toes are pointing to the ground. Return to the starting position and repeat. Repeat on the other side. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

