

Straight Knee/Hip Rotation (Supine) With Stable Pelvis



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Improve internal/external hip rotation while leg is in straight position.

Benefit:

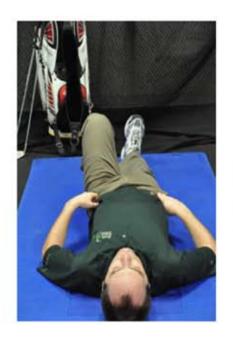
Increase hip rotation potential in backswing and hip release in downswing/ follow through.

Instructions:

Lay flat on back with one leg in bent position. Place both hands on top of pelvis, turn straight leg in/out. You should not rotate pelvis, just your leg.

Quantity:

Hold position _____ sec., ____ reps, ____ sets.







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