



# Supine Abductor Squeeze

### Purpose:

Helps to correct and stabilize twisted pelvis contributing to unlevel hips.

#### Benefit:

Able to achieve level hips in standing and improves ability to achieve ideal posture at address.

#### Instructions:

Lie on back, hold basketball or similar sized firm object between knees, and squeeze the ball with as much force as you are able to produce.

## Quantity:

Squeeze and hold for \_\_\_\_\_ breaths, repeat one time.



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