



## Supine Lift

### Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

### Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing

### Instructions:

Place the middle of the tubing at a low point of attachment. Lie on back with hips and knees straight and hands starting by one of the hip. Start with palms facing away from each other, allow palms to rotate and face each other while pulling to the chest and pushing up above the opposite shoulder of the point of attachment. The line of resistance is coming from below the torso. The hands should remain close to the body. There should be minimal movement from the head and body. Squeeze a towel roll between knees. One of three hand grips may be used. For more resistance, lie further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

