



Supine Push-Pull

Purpose:

Helps to correct a pelvic torsion contributing to unlevel hips.

Benefit:

Able to achieve level hips in the standing posture and promotes the ability to achieve parallel shoulders and hips in golf address posture.

Instructions:

Lie on back, place _____ foot on bent _____ knee, push _____ while pulling _____ knee without movement.

Quantity:

Hold _____ breaths _____ reps.

