



Supine Push-Pull

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Helps to correct a pelvic torsion contributing to unlevel hips.

Benefit:

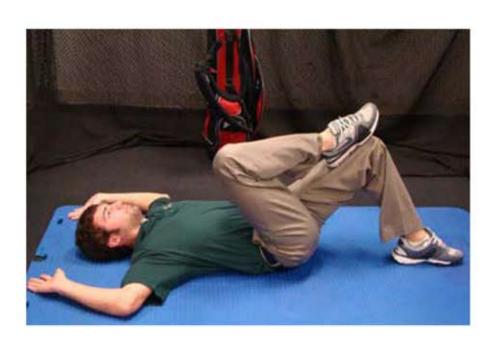
Able to achieve level hips in the standing posture and promotes the ability to achieve parallel shoulders and hips in golf address posture.

Instructions:

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

Quantity:

Hold ____ breaths ___ reps.



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