



Supine Right Side Reach And Glide

Purpose:

Helps to correct unbalanced pelvis (“upslip”) and helps straighten side bent spine.

Benefit:

Improves posture at address, helps balance throughout the swing.

Instructions:

Lie on the floor on your back, bring _____ arm overhead, bend _____ knee, reach _____ arm and _____ leg as far away from body as possible.

Quantity:

Hold _____ breaths _____ reps.

