



Tall Kneeling Arm Diagonals

Purpose:

Improve stability in the lower trunk and shoulder blades

Benefit:

Increase stability and separation of the torso in the golf swing.

Instructions:

Get into a kneeling position on both knees. Attach the tubing at the top of the door. There should be mild tension on the bands. Put both hands out in front of you and move your arms as pictured in a diagonal manner. Now do it on the other diagonal. Now repeat the process facing AWAY from the door.

Quantity:

Do 10 reps, 2-3sets.

