



Tall Kneeling D2 Flexion

Purpose:

Improves static stability of the pelvis and lower extremity.

Benefit:

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

Instructions:

Place middle of the tubing at a low point of attachment. Secure one handle and place the nylon strap of the other handle around the hand. Tall kneel in a correct posture with knees shoulder width apart. Pull the handle from opposite hip across the body finishing above the same shoulder. Extend arm and wrist, and slowly arm lower back to start position. Maintain a long and tall posture with minimal movement during the exercise. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide 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 _____ sets _____ reps _____ x/day

