



## Tall Kneeling Flexion and Extension

### Purpose:

Improves spinal stability and core strength and activation

### Benefit:

Improves stability of the trunk in the golf swing

### Instructions:

Place the middle of the tubing at a chest high point of attachment. Place the nylon straps of the handle around your hands. Get into a tall kneeling stance and hands out in front. While keeping both arms in an extended position, extend one arm up and the other arm down and squeeze your shoulder blades together. Maintain a tall spine keeping your trunk underneath with a straight line from head to knees. Turn head to the shoulder that is in the up position. During the exercise, maintain a low shoulder position. One of three hand grips may be used. For more resistance, back 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

