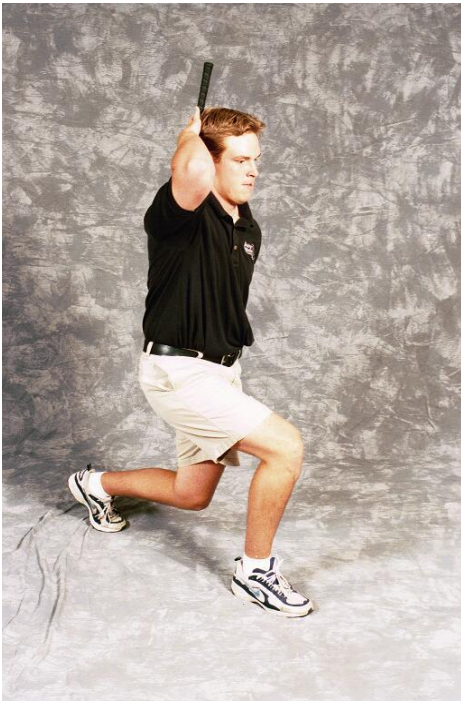
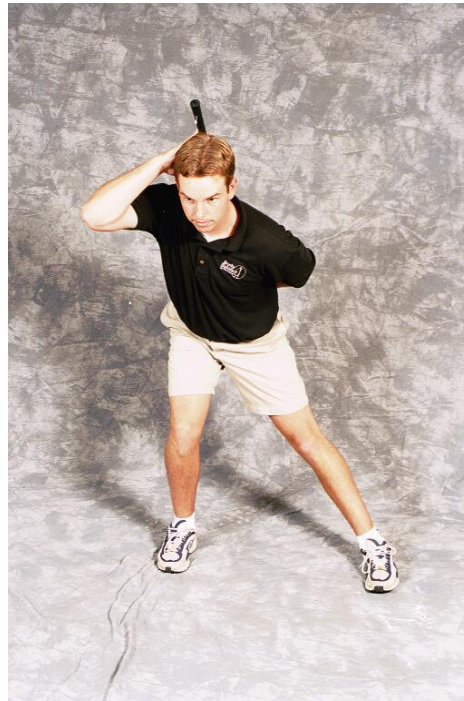


ADDRESS POSTURE WITH CLUB BEHIND: LUNGE



137 A: Anterior



137 B: Lateral

Purpose:

Anterior:

Strengthens hips, muscles, thighs and hamstrings.

Lateral:

Strengthen lateral hip muscles, thighs, and legs.

Benefit:

Anterior:

Improves independent hip motion, pelvic control, balance and spine angle throughout the swing.

Lateral:

Improves weight transfer and stable leg control during backswing/follow-through.

Instruction:

A: Anterior:

- Use club behind spine for posture control.
- Place one foot 3-4 feet in front of the other foot.
- Lower down keeping leg in line with hips and upper body straight up.
- Hold at bottom 2-3 seconds and then relax back up.

B: Lateral

- Use club behind spine for posture control.
- Take wider stance than normal, keeping toes straight ahead.
- Lower down one leg, keep legs in line with hips, and keep upper body straight up. Other knee remains straight throughout exercise.
- Hold bent knee position 2-3 seconds and then relax back up.

Quantity:

Reps _____ sets _____

