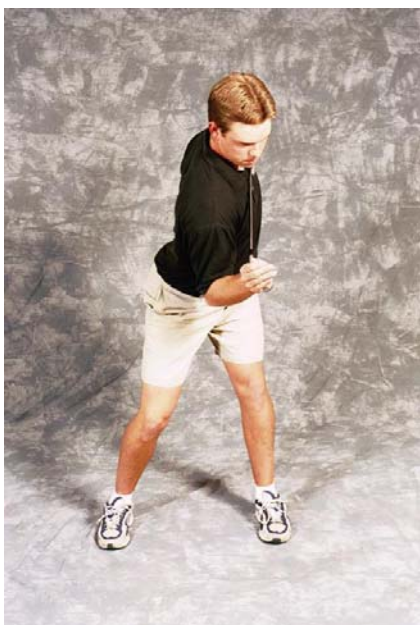


LUNGE WITH TRUNK ROTATION



138 A: Left



138 B: Right



138 C: Advanced

Purpose:
hamstrings.

Anterior: Strengthens hips, muscles, thighs and

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:

- From proper primary tilt position, place golf club across shoulders, take a wider than normal stance.
- Shift upper body laterally to one side, keeping feet, leg straight ahead, while bending knee down. Make sure inside of bent knee doesn't go past inside of feet.
- Hold at bottom of position and rotate upper body towards bent side keeping hand straight.
- Make sure to maintain spine angle and proper feet, knee, hip alignment.
- Rotate and lift back to original position and repeat.

Quantity:

Reps _____ sets _____

