



IYT With Tubing

Purpose:

This is a great test to improve your golf stance and strengthen the muscles in between the shoulder blades.

Benefit:

Improves stability of the upper body for power and control

Instructions:

Attach your FMT to the lower hinge of a door, grab both handles, and stand facing the door. Get into a golf posture and don't change this position for the entire exercise. Before you begin each move make sure you squeeze your shoulder blades together for better form. Start by trying to bring both of your arms (elbows locked) straight out to your sides, forming the letter "T" with your body. Then bring both arms (elbows locked) up above your shoulders, forming the letter "Y" with your body. And finally, bring both arm (elbows locked) back and down by your sides, forming the letter "I" with your body. Repeat each position for the prescribed number of sets and reps. Remember, start each motion by squeezing your shoulder blades together.

Quantity:

Perform _____ sets _____ reps.

