



## Assisted Mountain Climber

### **Purpose:**

Improves dynamic stability of the pelvis, lower extremities, and spine.

### **Benefit:**

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

### **Instructions:**

Place the handles at a high point of attachment directly above your head while standing. Put the middle of the tubing around your waist and get into a push up position. Place your hands just under your shoulders. While keeping your body in a straight line, bring one knee up to chest and set the foot down and then return it to starting position. Repeat movement with the opposite leg. For further assistance, 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(s) \_\_\_\_\_ sets \_\_\_\_\_ reps

