



Backward Lunge

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 one handle in a high point of attachment and the other handle at a waist high point of attachment. Twist tubing one time and place one arm through the hoop and let it rest behind the shoulder. Go into a reverse lunge with the leg on the same side as the tubing on the shoulder going back. At the same time, raise the arm that the tubing is around and reach high. Keep feet in a narrow stance, within 6-inches apart. Maintain a long and tall posture from head to knee that is down. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side(s) _____ x day _____ sets _____ reps

