



Double Leg Dead Lift

Purpose:

Increases strength and explosiveness in the hips and lower extremities

Benefit:

Creates stability with explosiveness during the golf swing.

Instructions:

Start with one handle at a low point of attachment and place your feet in a squat position (shoulder width apart). Loop the other handle around one shoulder and wrap the tubing around your back. Grab one of the foam handles with the opposite hand. The hand of the shoulder that the tubing is looped around should be flat at the small of your back. Slightly bend your knees and maintain that slight bend. Extend your spine to create a curve at the small of your back. The hand that is placed there should assist you in maintaining this position by feeling the curve. Bend at the hips while not allowing your shoulders to rotate. Then return to a standing position. For further resistance, slide further away from the point of attachment or double the tubing and place both handles at the attachment. Add a heel lift or a toe lift to modify the exercise. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

