



## Lifts Without Rotation Lunge Stance

### Purpose:

This is a great exercise that focuses on upper body strength combined with core and lower body stability.

### Benefit:

This exercise improves separation and width in your golf swing.

### Instructions:

To perform this exercise you are going to need your rubber tubing or GolfGym with the middle part attached to the low hinge on a door. Get into a lunge stance with your forward foot away from the machine or door. Grab both handles or the bar with both hands on top of the bar and keep your posture as tall as possible. Perform a lift diagonally up and across your body keeping your hands and the bar close to your chest throughout the movement. Make sure you don't rotate your torso, just lift with the shoulders. Slowly return to the starting position. Repeat the appropriate number of sets and reps.

### Quantity:

Perform \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s) .

