



Resisted Lunge

Purpose:

This exercise increase the strength in your legs and hips.

Benefit:

This exercises improves independent movement and strength of the lower body in the golf swing.

Instructions:

Attach handles at a low point of attachment. Stand with your feet together with the middle of the tubing around your waist. Face toward the point of attachment and step forward with one foot. Point toe straight ahead using the tension of the tubing to resist the movement. Do not let your knee go past your toes on the leg in front of you. You should have a straight line from top of the head to the knee that is down, keeping your body upright. You should have a straight line from top of the head to the knee that is down. Extend backward with your forward leg and return to a standing position. For further resistance, move away from the point of attachment. Use a toe up or heel up on front leg to add calf activation. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).



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