



Resisted Mountain Climber

Purpose:

This exercise improves core and hip strength and stability

Benefit:

This exercise helps you be more stable in golf posture

Instructions:

Place the handles at a low point of attachment. Put the middle of the tubing around your foot at your mid foot 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. Maintain a dorsiflexed foot so tubing does not roll off the foot. Use towel roll on lower back to increase difficulty. For further resistance, 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:

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

