



RNT Step Up

Purpose:

This exercise teaches you how to stabilize your trunk while moving your leg.

Benefit:

This exercise teaches skills needed for independent movement of the lower body in the golf swing.

Instructions:

Place both handles at a secure point of attachment at knee height at the front and to the side position of your body. Take the middle of the tubing and place it around your knee and slide to the side away creating a pull from the inside of your knee. Step up onto a step with the resisted leg with the resistance. Be sure to fully extend the leg and go up on your toe, be as tall as possible through the spine, and then back down. For more resistance, slide further away from the point of attachment. For added difficulty, add in a deep squat in between each step up while on the floor. To make the exercise easier, stabilize with a dowel, don't go up on your toe, or lower the step. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

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

