



## Sitting Shoulder External Rotation

Purpose:

Strengthen the rotator cuff muscles in the shoulder.

Benefit:

Improve shoulder stability during the golf swing. Prevents disconnection at top of backswing.

Instructions:

Sit on the ball, involved arm positioned away from the door, place towel roll between elbow and side of body. Place anchored tubing in hand. Position forearm next to stomach with elbow bent at 90 degrees, rotate the arm away from the body. Hold for 2-3 seconds, and slowly return to the starting position, controlling the pull of the tubing.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

