



## Split Stance Chop

### Purpose:

This exercise improves muscle activation and contraction sequences of the torso to improve overall rotational stability.

### Benefit:

This exercise improves rotational stability of your golf swing.

### Instructions:

Stand at an angle facing away and slightly ahead of the high point of attachment with inside leg in front. Narrow your base to within 6-inches width between heel of front leg and toe of back leg. Hold hips directly under and spine should be erect with the shoulders back. Arms should be extended with palms facing together while holding the handles. Pull tubing down and across the chest while keeping it close to your body. Shoulders turn minimally and your head should face forward. All actions should be done with the arms. The tubing should come across the body from shoulder to opposite hip and palms facing down while keeping tubing in line with closest arm. One of three hand grips may be used. For more resistance, slide farther 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).

