



## Standing D1 Flexion Lunge

### Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

### Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing

### Instructions:

Place middle of the tubing at a low point of attachment. Secure one handle and take hold of the other handle. Standing in a correct posture with feet shoulder width apart, pull the handle across the body finishing above the opposite shoulder. Take a step forward with the outside leg into a lunge position. Return to a standing position and then slowly lower arm back to start position. Maintain a long and tall posture with minimal movement from the body. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide further from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

