



Standing D2 Extension 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 the middle of the tubing in a high point of attachment. Take one handle and secure it, then place the nylon strap of the other handle around the hand. Stand in a good posture with feet shoulder width apart. Start the pull extended from the shoulder on the side the tubing is on and finish palm back on the opposite hip. Finish with arm extended and then step forward with your outside leg into a lunge position. Return to standing then slowly return to the starting position. Maintain a long and tall spine with minimal movement during the exercise. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more 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:

_____ side(s) _____ x day _____ sets _____ reps

