



Standing Rowing With Tubing

Purpose:

Strengthen trunk rotators and shoulder blade muscles.

Benefit:

Improves retraction of shoulder blades in address position, creating a more connected swing.

Instructions:

Stand with correct posture – pelvic tilt, shoulder blades back, chin tucked. Hold tubing, which is secured in the door, arms straight out in front so your hands are in the middle of your chest (111A). Squeeze shoulder blades back (111B) then bring hands to chest slowly (111C). Hold position 2 – 3 seconds, slowly release hands away, while maintaining shoulder blade contraction.

Quantity:

Reps _____ sets _____

