



Chop Without Rotation Half Kneeling

Purpose:

This exercise is great for lower body stability.

Benefit:

Lower body stability adds power and consistency to your golf swing

Instructions:

Begin exercise in half kneeling using tubing with handles. Perform a chop by taking the top hand and moving it down towards the chest and then continuing downward and away from the body. Slowly return the bar to the starting position. Maintain your lower body stability throughout the entire drill and do not allow the upper body to rotate.

Quantity:

Perform _____ reps and _____ sets on the _____ side(s) .

