



## Chop Without Rotation Lunge Stance

### Purpose:

This exercise helps develop greater mobility between your upper and lower body, improves your balance, adds stability in your core and legs, and increases strength in your upper body.

### Benefit:

This exercise improves control, consistency and power in your golf swing

### Instructions:

To perform this exercise you are going to need your tubing. Get into a lunge stance with your front knee closest the door. Attach the FMT to the highest hinge or set the pulley to the highest position and grab the handles with both and keep your posture as tall as possible. Perform a chop diagonally down and across your body keeping your hands and the handle close to your chest throughout the movement. Don't allow your shoulders to rotate with each chop, focus on keeping your torso stable and just move the shoulders.

### Quantity:

Perform \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s) .

