



## Chop With 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 increases separation, power and consistency in your golf swing

### Instructions:

To perform this exercise you are going to need your rubber tubing with handles or GolfGym. Get into a lunge stance with your front knee closest to the machine or the door. Attach the tubing to the highest hinge or set the pulley to the highest position and grab the bar with both hands on top of the bar and keep your posture as tall as possible. Perform a chop diagonally down and across your body keeping your hands and the bar close to your chest throughout the movement. Allow your shoulders to rotate with each chop.

### Quantity:

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

