



Deep Squat Heel Lift With Arm Raise

Purpose:

This is a great exercise to help develop the full deep squat and improve your lat flexibility and strength.

Benefit:

Good deep squat form reduces early hip extension and creates power and stability in your golf swing.

Instructions:

Place a lift under both heels and get into a full squat position. Once stable, try to lift one arm up and out as far as possible. Then repeat on the other side. Now try both arms up at the same time. Holding both arms up return to the standing position.

Quantity:

Perform _____ reps _____ sets .

