



Half Kneeling D2 Flexion

Purpose:

Improves dynamic stability of the pelvis and lower extremity.

Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing.

Instructions:

Place middle of the tubing at a low point of attachment. Secure one handle and use one of three hand grips for your outside arm/hand. Kneel in a correct posture with front foot within 6-inches from the leg that is down (in-line). Pull the handle from opposite hip across the body finishing above the same shoulder. Extend arm and wrist, and slowly arm lower back to start position. Make sure the tubing is in line with the arm doing the movement. Maintain a long and tall posture with minimal movement during the exercise. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

