



Lifts Without Rotation Half Kneeling

Purpose:

This exercise helps build upper body strength, shoulder range of motion, and overall core stability.

Benefit:

This is a great exercise to help build width in your golf swing.

Instructions:

To perform this exercise you are going to need your rubber tubing or GolfGym. Get into a half kneeling position with your down knee closest to the door. Attach the tubing to the lower hinge or set the pulley to the low position and grab the bar with both hands on top of the handle and keep your posture as tall as possible. Perform a lift diagonally up and across your body keeping your hands and the handle close to your chest throughout the movement. Prevent your shoulders from turning with the lift. Slowly return to the starting position. Repeat the appropriate number of sets and reps.

Quantity:

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

