



## Reach Roll And Lift Up

### Purpose:

This exercise strengthens the lower trap muscle which helps stabilize your shoulder blade and improve shoulder mobility in the golf swing.

### Benefit:

Improves upper body stability and control and shoulder mobility in the golf swing.

### Instructions:

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms up on a Swiss ball and then take your right arm and reach out as far as possible over the ball keeping your trunk stable. Roll your palm to the sky, and then try to lift your arm up off the ball. Make sure you only lift your arm, not your trunk. Repeat on the other side.

### Quantity:

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

