



## Resisted Quadruped Diagonals (Neutral Spine)

### Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

### Benefit:

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

### Instructions:

Place the strap of the handles around your hands and place the middle of the tubing around your foot. Put your hands directly under your shoulders and knees under the hips. Place a towel roll on your lower back maintain its position during the exercise. Extend one leg out. Extend the opposite hand/arm and rotate palm up. Keep toes pointing down through the movements. Use a floor mat for comfort. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

