



Resisted Quadruped Hip Extension (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 on foot. Put your hands directly under your shoulders and knees under the hips. Place a towel roll on your lower back and maintain its position during the exercise. Extend one leg out and maintain good posture. 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

