



## Resisted Quadruped Reach (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 one 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 the arm out and roll the palm up and return back to the start position. 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

