



Single Leg Stance With Core Activation



Purpose:

This exercise teaches you how to stabilize your trunk while moving your legs and arms while standing.

Benefit:

This exercise teaches skills needed for independent movement of the lower body and trunk stability in the golf swing.

Instructions:

Place the middle of the tubing at a high point of attachment and hold the handles. Stand with your feet together with good, tall posture. Pull the handles down to just in front of your hips and maintain straight arms. Pick up one knee and put it back down slowly. Then bring arms back up in front of you. To modify exercise, add a heel lift or a toe lift. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

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

