



## Starfish Pattern 1

**Purpose:**

This developmental exercise improves muscle activation and contraction sequences of the lower torso.

**Benefit:**

This exercise improves rotational stability of your golf swing.

**Instructions:**

Lie on your back and place the straps of both handles around your feet and place the middle of the tubing around your hands. Extend your hands up and out over your head with a wide grip. Slowly bring your right knee up and out to your side keeping your leg close to the ground, and turn your foot out so that your instep is facing the sky. Now extend and rotate your right leg across your body, turning the foot or instep down to the ground as you cross the midline. Make sure your left leg remains extended and the toe is pointing to the sky. Return to the starting position and repeat. Repeat on the other side. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

**Quantity:**

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

