



Supine Flexion And Extension

Purpose:

Improves dynamic stability of the pelvis and lower extremity.

Benefit:

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

Instructions:

Place the middle of the tubing at a high point of attachment. Put the nylon straps of the handle around your hands. Lay perpendicular to the attachment with feet together and hands out in front. While keeping your arms extended, move one arm up and the other arm down and then squeeze your shoulder blades together. Then turn head to the shoulder that is in the up position. During the exercise, maintain a low shoulder position. One of three hand grips may be used. For more resistance, back away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

