



## Tall Kneeling Chop

### 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:

Attach the middle of the tubing at a high point of attachment. Kneel slightly ahead of point of attachment. Hold hips directly under trunk and spine should be erect with the shoulders back. From the side, you should have a straight line from head to knees. Hands should be next to your head with palms facing together while holding the handles. Pull tubing down and across the chest while keeping it close to your body. Shoulders turn minimally and your head should face forward. All actions should be done with the arms. The tubing should come across the body from shoulder to opposite hip and palms facing down and in line with closest arm. Maintain a long and tall spine through the entire movement. One of three hand grips may be used. For more resistance, slide farther away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

