



Tall Kneeling Lift

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 low point of attachment. Kneel slightly ahead of the point of attachment with both knees down. Hold hips directly under the trunk, spine, and shoulders back. From the side, there should be a straight line from head to knee. Arms should be extended with palms facing away from each other while holding the handles. Pull tubing up across the chest while keeping it close. Shoulders turn minimally and your head should face forward. Palms will finish facing each other. All actions should be done with the arms while having minimal movement from the rest of your body and keeping tubing in line with closest arm. Maintain a tall and long spine throughout the movement. One of three hand grips may be used. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side(s) _____ x day _____ sets _____ reps

