



Hip Cross Over Stretch

Purpose:

This is a great exercise to increase the mobility in your hips, lower back, and separation between your upper and lower body.

Benefit:

This exercise frees hip and lower spine rotation in your golf swing.

Instructions:

Begin this drill by laying flat on your back with both knees up and feet flat on the ground. Next, take your right ankle and cross it over your left knee, and allow the left knee/right ankle complex to fall slowly down to the ground on the LEFT side. While the complex is slowly lowering to the left, place left hand on the RIGHT knee and gently aid this slow lowering of the legs. Once the legs have fallen completely to the left and your left hand is pulling the right knee towards the ground, you may turn your head to the right to try and get the maximum out of the stretch. Always perform this stretch in a very slow and controlled manner, never to the point of pain. Repeat procedure on opposite side.

Quantity:

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

