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HORIZONTAL ABDUCTION



START WITH YOUR HANDS SHOULDER WIDTH APART. PULL THE BAND APART AS FAR AS COMFORTABLE. FOCUS ON PINCHING YOUR SHOULDER BLADES TOGETHER. DO NOT LIFT YOUR SHOULDERS TOWARD YOUR EARS OR ARCH YOUR BACK. PERFORM 2-3 SETS OF 10-15 REPS.

DIAGONAL PULL APARTS



PULL THE BAND APART IN A DIAGONAL DIRECTION. FOCUS ON PINCHING YOUR SHOULDER BLADES TOGETHER. DO NOT LIFT YOUR SHOULDERS OR ARCH YOUR BACK. PERFORM 2-3 SETS OF 10-15 REPS.

EXTERNAL ROTATION



START WITH YOUR HANDS SHOULDER WIDTH APART AND PALMS UP. PINCH YOUR SHOULDER BLADES TOGETHER AND PULL THE BAND APART. KEEP YOUR ELBOWS GLUED TO YOUR SIDES. YOU SHOULD FEEL MOST OF THE WORK ON THE BACK SIDE OF YOUR SHOULDERS. PERFORM 2-3 SETS OF 10-15 REPS.

PALLOF PRESS



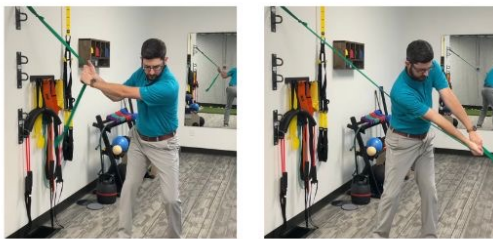
START W/ FEET HIP WIDTH APART AND CORE ENGAGED. PUSH YOUR ARMS AWAY FROM YOU AND THEN BRING THEM BACK IN. FOCUS ON RESISTING THE BAND WITH YOUR CORE. PERFORM 2-3 SETS OF 10-15 REPS.

RESISTED TRUNK ROTATION



HOLD ONTO THE RESISTANCE BAND WITH YOUR TRUNK ROTATED TO THE RIGHT. ROTATE YOUR UPPER BODY TO THE LEFT AS FAR AS COMFORTABLE THEN SLOWLY RETURN. WORK FROM YOUR CORE AND NOT YOUR SHOULDERS. PERFORM 2-3 SETS OF 10-15 REPS.

DOWNWARD CHOPS



HOLD ONTO BAND IN A BACKSWING POSITION, THEN CHOP DOWN TOWARDS THE BALL. FOCUS ON INITIATING THE MOVEMENT FROM YOUR HIPS AND NOT YOUR ARMS. PERFORM 2-3 SETS OF 10-15 REPS.

SQUATS



STAND ON THE BAND WITH FEET SHOULDER WIDTH APART AND HOLD ONTO THE ENDS OF THE BAND. PUSH YOUR HEELS INTO THE GROUND AND SQUEEZE YOUR GLUTES AS YOU STAND UP. PERFORM 2-3 SETS OF 10-15 REPS.

SIDE STEPPING



WITH RESISTANCE BAND AROUND YOUR ANKLES/FEET, SLIGHTLY BEND YOUR KNEES AND TAKE A STEP SIDEWAYS. KEEP YOUR FEET SQUARE SO YOU FEEL MUSCLE WORK ON THE SIDES OF YOUR HIPS. TAKE 10 STEPS TO THE LEFT THEN BACK TO THE RIGHT. 2-3 SETS.

BALANCE - GOLF POSTURE



PRACTICE MAINTAINING YOUR BALANCE ON ONE FOOT WHILE IN YOUR GOLF POSTURE. FOCUS ON KEEPING YOUR CORE ENGAGED AND KNEE SLIGHTLY BENT. WHEN YOU CAN BALANCE FOR 30 SEC, TRY CLOSING YOUR EYES.

BALANCE - TRUNK ROTATION



FIND YOUR BALANCE ON ONE FOOT IN YOUR GOLF POSTURE, THEN PRACTICE SLOWLY ROTATING YOUR UPPER BODY EACH DIRECTION. FOCUS ON KEEPING YOUR FOOT FLAT ON THE FLOOR AND KNEE POINTING STRAIGHT AHEAD. PERFORM 2 SETS OF 5 REPS.

WINDMILL



BALANCE ON ONE FOOT THEN HINGE FROM YOUR WAIST TO BEND FORWARD WHILE YOUR OTHER LEG GOES BEHIND YOU. THEN SLOWLY ROTATE YOUR UPPER BODY SIDE TO SIDE. PERFORM 10 REPS.



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