

Session 1 Details



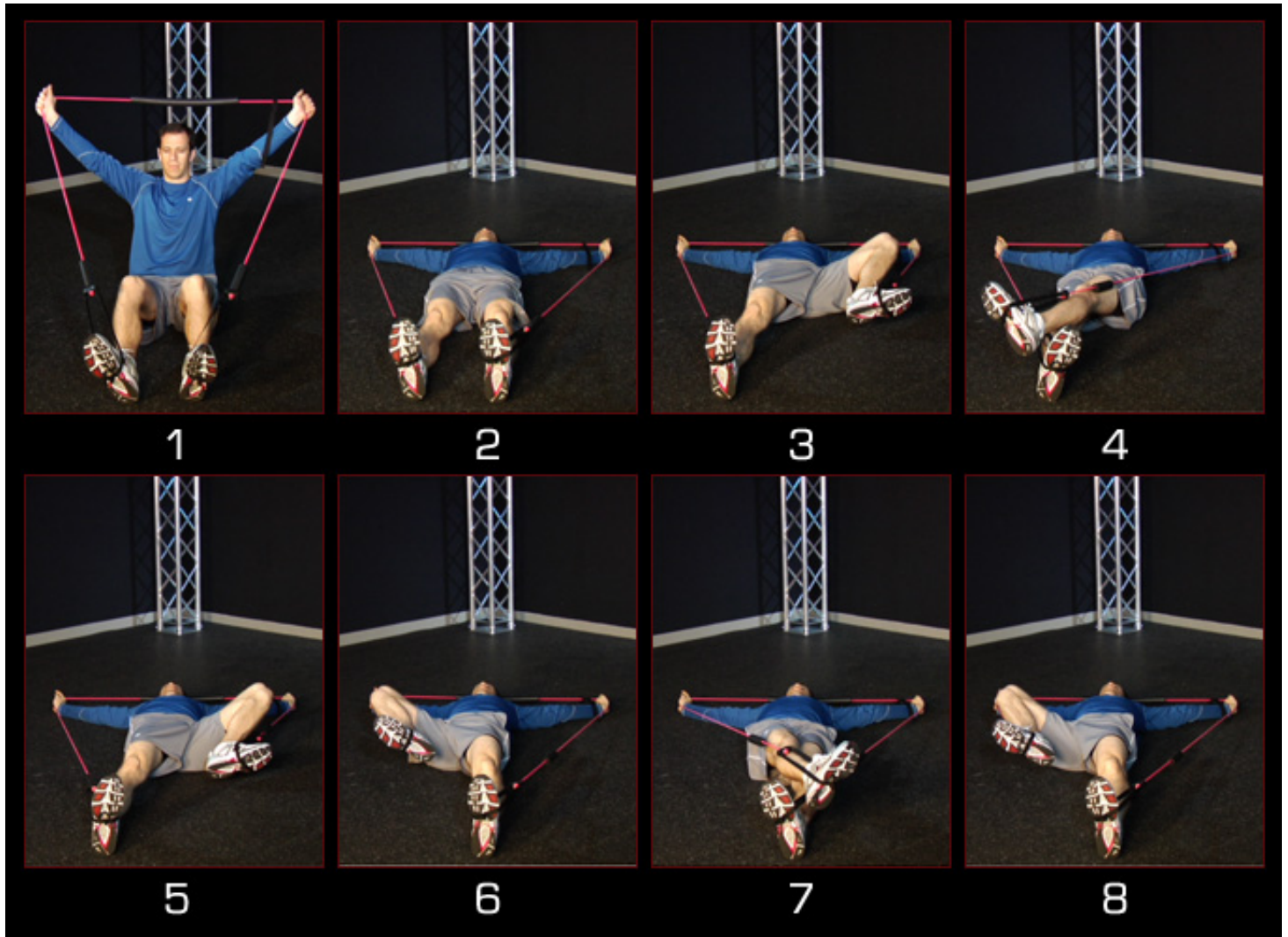
Starfish

Set 1:

8 times;

STEP-BY-STEP INSTRUCTIONS

Begin in the supine position with an FMT tube attached around each leg and hands grabbing the tubing in a wide manner. Next, allow the left hip to flex and externally rotate, while the leg moves toward the outside (abducts). Keep the right toes pointing directly towards the sky at all times. Next, make the left leg slowly internally rotate, extend and move across the midline of the body (adduct). Keep the right toes pointing directly at the sky at all times. Keep arms outstretched and wide at all times and keep the lower back from excessively arching. Repeat on opposite side.



Hip Drops

Set 1:

10 times; each direction

STEP-BY-STEP INSTRUCTIONS

Lie flat on your back with your knees bent and feet separated wider than shoulder width apart. Drop both knees to the right as far as possible, but maintain a stable core and try to keep your back as close to the ground as possible. Now drop knees to the left. Repeat back and forth.



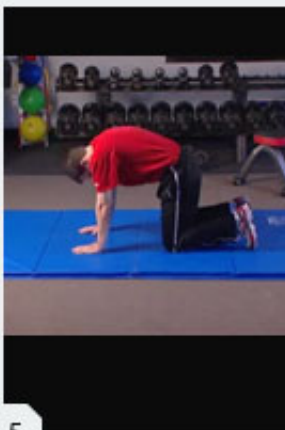
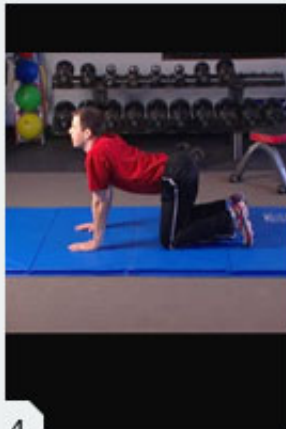
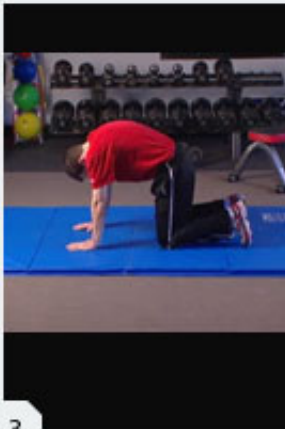
Cats & Dogs

Set 1:

30 seconds

STEP-BY-STEP INSTRUCTIONS

Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.



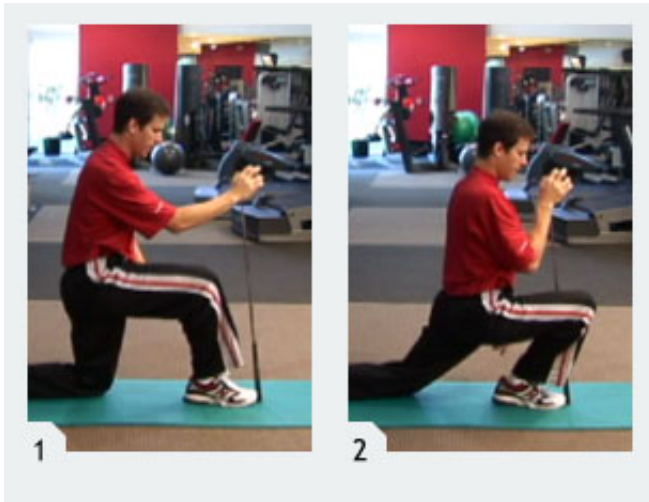
Calf Stretch - Half Kneeling

Set 1:

Hold 10-20 seconds

STEP-BY-STEP INSTRUCTIONS

Get into a half-kneeling position with your left knee down and your right foot forward. Holding onto the head of a golf club, place the handle just inside your right big toe and hold the club vertical. Keeping your spine stable and your heel on the ground, lunge forward trying to get your knee out as far as possible past your toe and outside the club. Hold for 2 breathes and return.



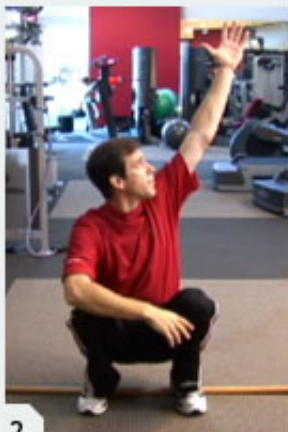
Deep Squat Heels up with Arm Stretch

Set 1:

10 times; Hold each arm up 5 seconds

STEP-BY-STEP INSTRUCTIONS

Place a lift under both heels and get into a full squat position. Once stable, try to lift one arm up and out as far as possible. Then repeat on the other side. Now try both arms up at the same time. Holding both arms up return to the standing position.



Leg Lifts Arm Pre-Loaded

Set 1: 10 times; for each leg with FMT

Rest / Recovery (optional): Figure 4 Stretch

STEP-BY-STEP INSTRUCTIONS

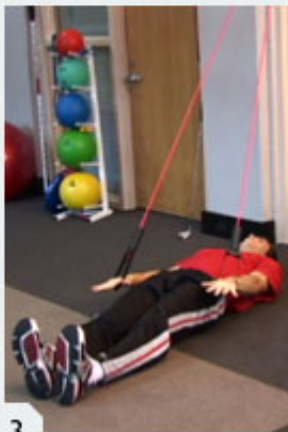
Attach the middle of the FMT to the high hinge of a door. Grab both handles and lay flat on your back with your head facing the door and your legs extended. Pull both handles down by your side, palms facing down, and stabilize your core. Keeping your spine stable try to lift one leg at a time, keeping the leg straight and the opposite leg down. Repeat back and forth.



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Deep Squat - Dumbbell Squats Heels Up

Set 1: 8 times; 10 - 20 lb dumbbell

STEP-BY-STEP INSTRUCTIONS

Start by getting a 10-20 pound dumbbell and a small step or plyo box. Standing in front of the box holding the free weight in both hands with your heels elevated, extend your arms out fully in front of you. Slowly begin to lower yourself into the deep squat. The weight should help you maintain your center of gravity. At the bottom of the squat carefully place the dumbbell on the step. When you feel comfortable, try to release the weight and maintain your full squat. From this full deep squat position, slowly raise yourself to the full standing position. Repeat.



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Single Leg Balance

Set 1:

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15 sec. eyes open - 15 sec. eyes closed

STEP-BY-STEP INSTRUCTIONS

Start by standing on one leg and getting into a stable posture. Once stable, try to balance yourself first with eyes open, and then try eyes closed.



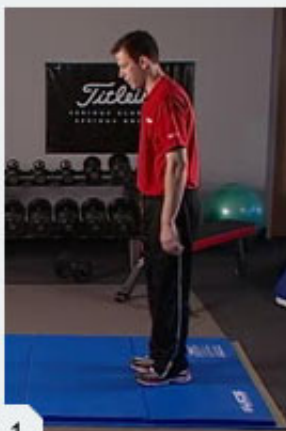
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Lunges

Set 1: 8 times; each leg

STEP-BY-STEP INSTRUCTIONS

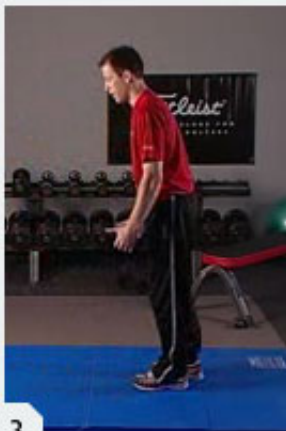
From a standing position start by taking a large step forward with your right foot. Pretend like you are standing on a balance beam (narrow your base) and lower your torso and pelvis down keeping your posture upright. Allow your back heel to come off the ground and make sure your front knee stays over your front ankle (Don't let your front knee go forward past your ankle!!!). Repeat on the other side.



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Hip Twister - Supported

Set 1: 15 times; twists in each direction

STEP-BY-STEP INSTRUCTIONS

Using a golf club for support simply practice turning your hips with your torso facing forward. This will help to achieve the feeling of separating the lower body from the upper body.



Stork Turns Supported

Set 1: 15 times; turns for each leg

STEP-BY-STEP INSTRUCTIONS

Using a golf club for support lift your right leg and make some turns across your body keeping your chest facing forward. Hold for three seconds and repeat on the opposite leg.



Pelvic Tilts in Golf Stance

Set 1: 10 tilts back and forth to neutral

STEP-BY-STEP INSTRUCTIONS

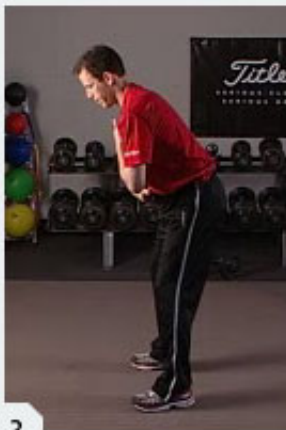
Start by getting into a 5-iron golf posture with your arms crossed over your shoulders. Now, try to tilt your pelvis back and forth without moving your upper body.



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Forward Shift Neutral Pelvis

Set 1: 25 times;

STEP-BY-STEP INSTRUCTIONS

Starting from a good golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Now, go directly into your impact and full finish position without a backswing, making sure your pelvis stays in a neutral or posterior tilted position.



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Torso Backswing in Neutral Pelvis

Set 1:

15 times; backswings

STEP-BY-STEP INSTRUCTIONS

Get in a good 5-iron golf posture with your arms crossed over your shoulders. Start by finding a neutral pelvis; tilt your pelvis forward and backwards until you find the middle position and lock it in with your abs. Now, take a full backswing keeping your shoulder plane from flattening out at the top. From here, return to the setup position, once again with that neutral pelvis.

