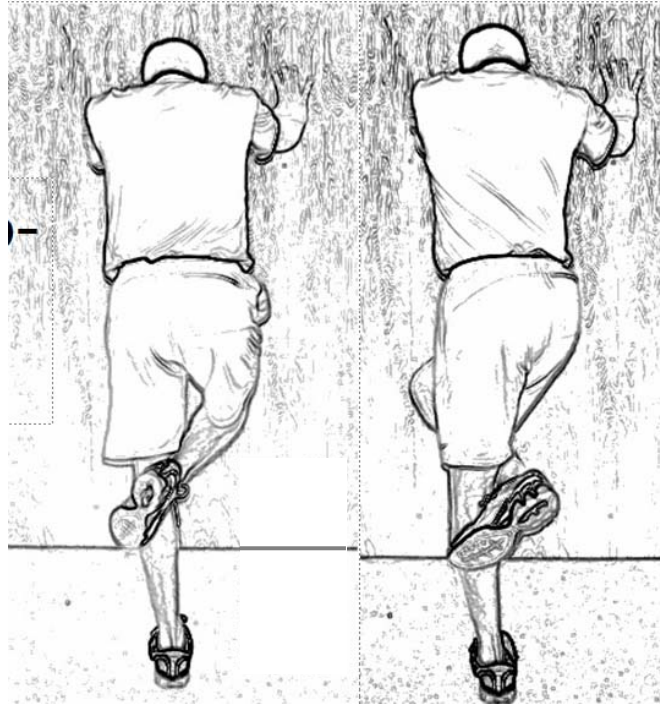




Single Leg Pelvic Rotations



- Start in a golf stance with your hands placed on a wall in front of you.
- Take your right foot and place it behind your left knee.
- Keeping your shoulders square, rotate your hips around your left leg.
- Repeat, then switch legs.