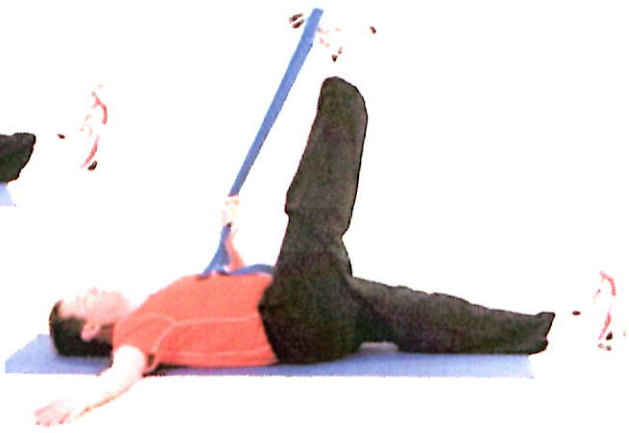
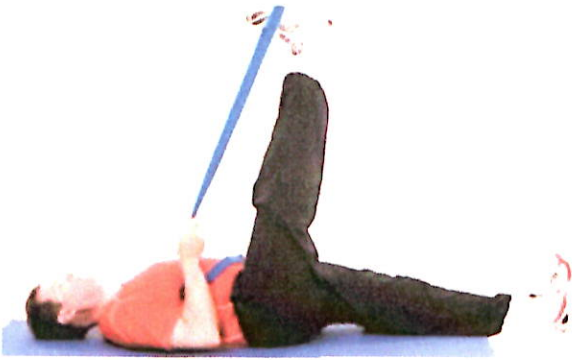


# Reclined Hand to Foot with Strap



## Golf Benefit

Prevents over the top swing flaw by increases hip mobility for more power and consistency. Helps incorporate proper sequencing.

## How

Lying on the back, place a strap or belt around the right foot and extend the left leg. Flex both feet and activate both quads. Press the left hip toward the floor and extend the left arm perpendicular to the body. Hold for 5 breaths. Extend the right leg to the right maintaining connection between the left glute and the floor. Hold for 5 breaths. Place the strap in the left hand and extend the right arm perpendicular to the body and bring the right leg and hip to the left. Hold for 5 breaths.

## Flow

Hold for 5-30 breaths in each position, then switch legs.

## Modifications

Grasp the toe of the right foot with the thumb, index and forefingers instead of a strap.

*Check out Drills by Clay Ballard  
How To Increase Swing Speed.*