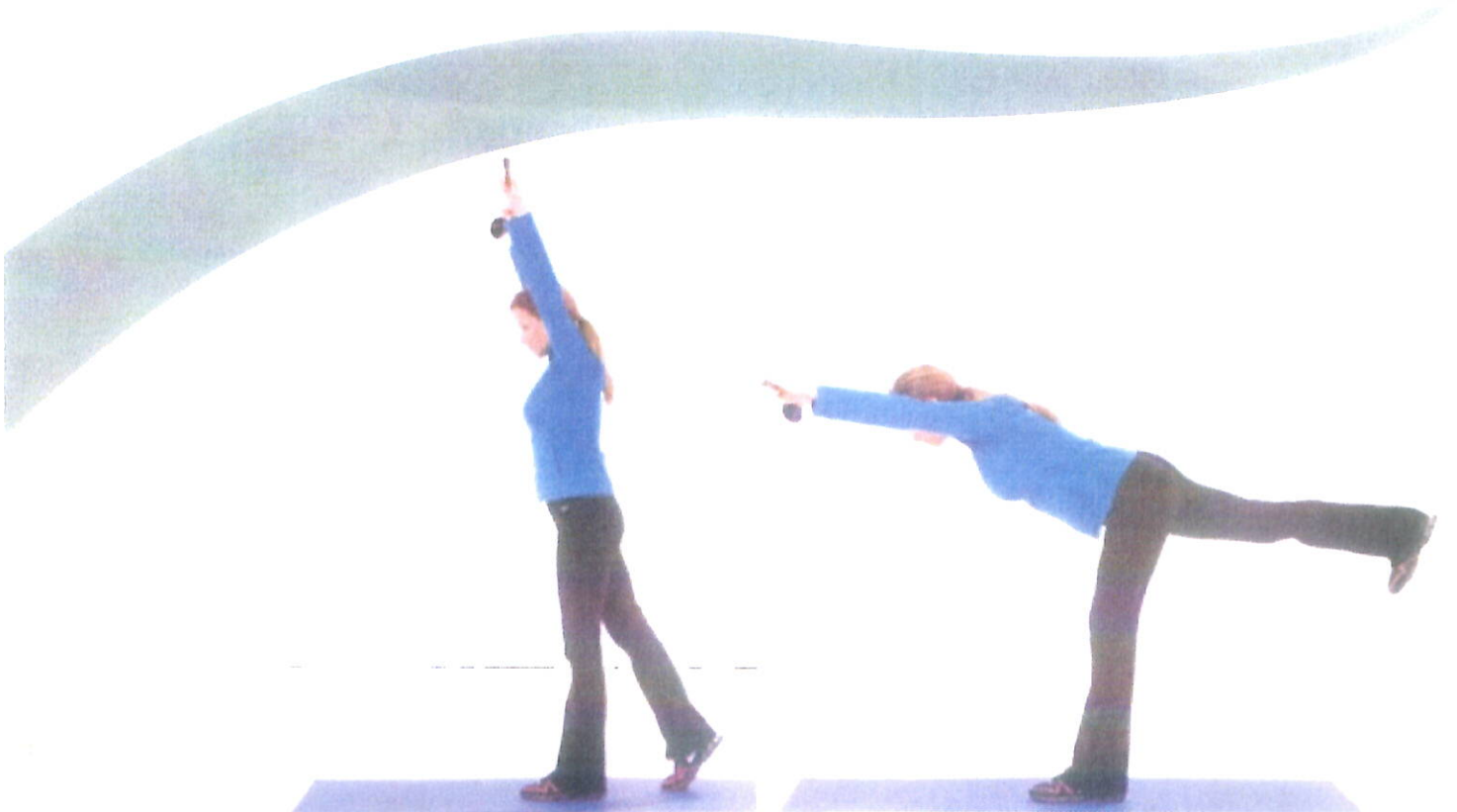


Warrior III



Golf Benefit

Prevents sway and slide. due to increased flexibility in hips. Increases speed due to hip mobility and spine stability. Builds stability in lower body to maintain spine angle at impact.

How

Step the left leg forward placing the hands on the waist or above the head. Imagine the body is one piece not separated at the waist. Begin to balance on the left leg bringing the body and left leg parallel to the floor. Imagine the body is a letter "T"

Flow

Hold for 5-10 breaths and switch sides.

Modifications

Use a club for balance or place the hands around the shaft of a golf club shoulder width or wider and raise above the head.