



REACHING

1. Notice that if you reach with both feet on the floor, the bending will take place in your back. You can see this as the spine is curved forward, rounding out the lower back.
2. The best way to keep your back out of the reach is to use a Golfer's Bend. Notice how the bending is taken up by the rotation of the hip socket. That way the lower back spine stays in neutral and does not participate in the reach.