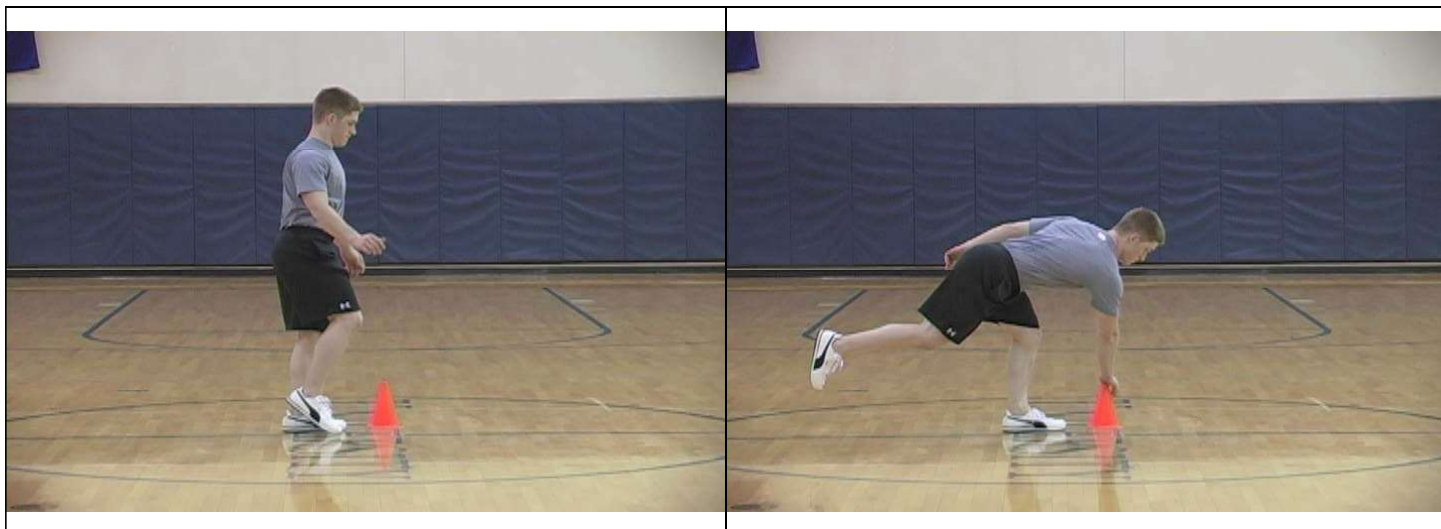


9.4 – BOWLER SQUATS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To train the gluteals to produce and resist motion in all three planes of movement.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand on your left foot with a slight bend in your knee and your right foot held slightly off the ground. ▪ Your chest should be out and your back flat.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ From the starting position, sit back into your left hip while reaching across your body with your right hand. ▪ Sit back until you get a nice stretch in the glutes, or until you feel as though you're going to lose your balance. ▪ Return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the chest up and back flat throughout. ▪ Shorten the range of motion initially if need be. It will increase as your hip mobility and strength improves over time.