

Exercise Prescription: Half-Kneeling Chop

Purpose of Exercise:

This is an exercise to help develop hip and core stability.

Starting Position:

Half kneeling on a pillow or foam pad with a kettlebell, weight, band, or cable in your hands as shown. Make sure to maintain your height during this exercise.

Exercise Description:

From the starting position, in a slow controlled movement, bring your hands down just in front of your hip as shown. Take care not to rotate through the trunk or to change your spinal position during this movement.

Complete 10-12 repetitions and then repeat on the other side.

Pictures:

