

## Exercise Prescription: Half Kneeling Chop

### Purpose of Exercise:

This is an exercise to help develop trunk and lower body stability in addition to upper body strength and rotary mobility.

### Starting Position:

Half kneeling on a foam pad or pillow. Hips, knees, and ankles are all at 90 degrees as shown. Your front foot and knee may be hip width apart or narrower. Make sure the head remains up in a neutral position throughout this exercise.

### Exercise Description:

1. From the starting position, grab the bar or band as shown.
  2. With your down hand, begin to pull down, staying close to the chest until the arm is straight.
  3. Next, press down with the top hand until this arm is also straight.
    - The cable/band should be in line with your top arm as shown.
- Switch position and repeat on the other side. If one side is more difficult, do twice as many repetitions on that side.

### Pictures:

