



Figure 1 The pull—tennis backhand: (a) start position, (b) mid position, (c) final position.

The pull—tennis backhand

Purpose: This exercise is designed to train control and stability during pulling movements (e.g. a cart, tennis backhand, golf swing).

Starting position:

- _ Standing in a semi-squat or fencer’s position by a pulley machine or with tubing in your hand.
- _ The tubing or cable should be slightly above waist height.

Exercise:

- _ Starting with light resistance perform scapular setting (pulling your shoulder back and down).
- _ Balance on your leg nearest to the pulley/tubing and turn your body towards the apparatus (see **Fig. 1a**).
- _ Gradually turn your hips and body away from the apparatus as you pull with your arm across your body (see **Fig. 1b**).
- _ Keep your elbow close to your side and finish the movement by turning your hips fully away and letting your hand rotate around your body (externally rotate) (see **Fig. 1c**).
- _ Try to feel a stretch in the front of your back hip as you maintain balance in the final position.