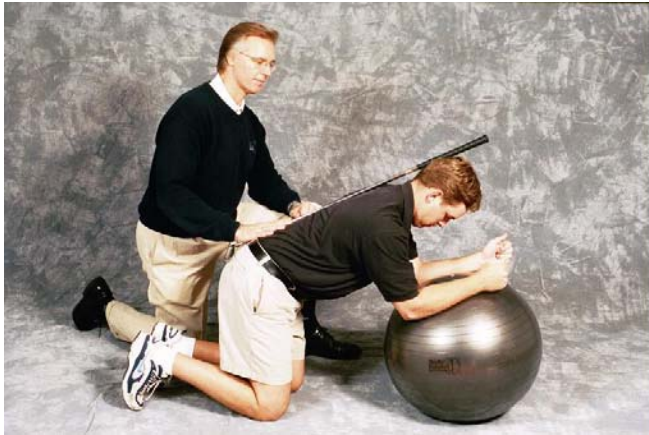


## ABDOMINAL ROLL OUT ON ARMS



123 A: Start



123 B: Finish

**Purpose:** Improves abdominal strength and increases back strength.

**Benefit:** Improves stability, force production, golf swing through impact.

**Instruction:**

- Start by kneeling. Place your forearms on the ball, your hips should be over your knees and your elbows under your shoulders. Your body weight should be evenly distributed between knees and forearms.
- Draw your navel in towards your spine. Perform a pelvic tilt. Make sure your spine is straight (do not arch or round your back).
- Slowly start to roll forward on the ball. Make sure that your shoulder and hip joints open at the same rate. Take three seconds to roll out. Hold that point for a count of

three. Roll back to start position in a count of three.  
Perform sets and reps as instructed.

- It is important to remember that you want to extend out from both joints at the same rate.

Quantity:           Reps \_\_\_\_\_ sets \_\_\_\_\_

