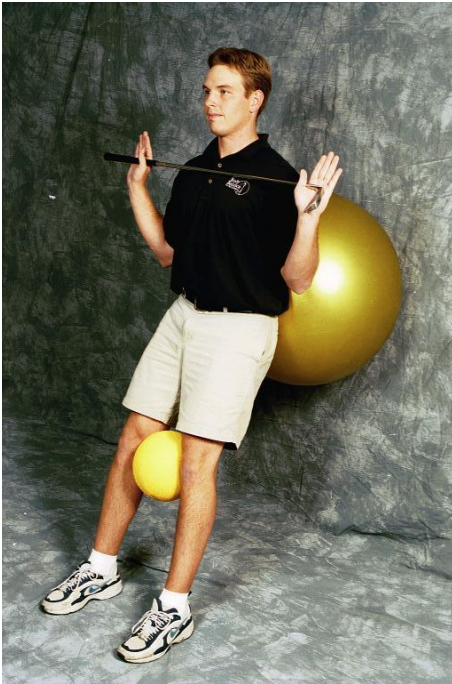
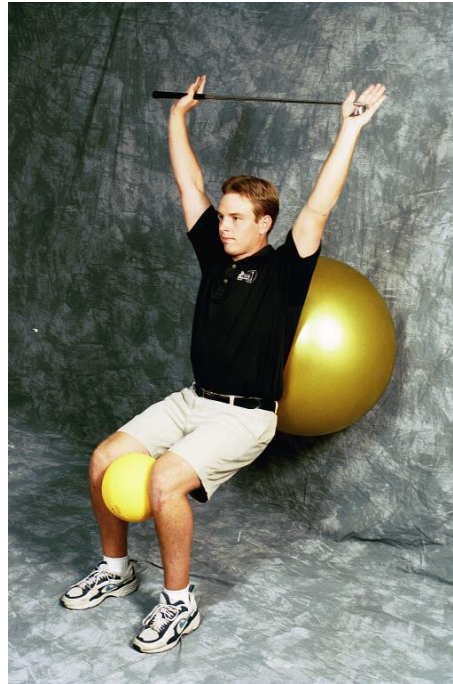


SQUATS AGAINST BALL



135 A: Start



135 B: Finish

Purpose: Strengthen abdomen and lower extremities.

Benefit: Improves lower extremities power and control throughout the swing.

Instruction:

- Position the ball up against the wall so that it is sitting in your mid lower back region.
- Your feet should be slightly wider than shoulder width apart.
- Move your feet a little bit forward so that your body is leaning on the ball. This will allow your lower body the ability to squat at a 90 degree angle, which takes the pressure off the knees.
- Put most of your body weight into your heels as you lower down & then push up off these heels as you straighten back up. You should feel the buttocks and the thighs working in this exercise.

Quantity: Reps _____ sets _____

