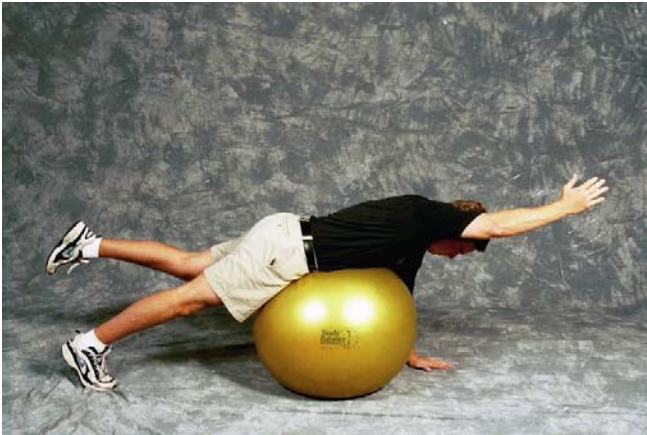


4 POINT OPPOSITE ARM LEG



66 A: On Floor



66 B: On Ball

Purpose: Strengthens abdominals and key stabilizer muscle groups such as shoulder and hips.

Benefit: Stabilizes hips and torso in the golf swing.

Instruction:

- Place your wrists directly below your shoulders and your knees directly under your hips.
- Draw your navel towards your spine (perform a pelvic tilt).
- Raise one arm to a point of 45 degrees off the midline of the body and hold it in the same horizontal plane as your torso.
- Elevate the leg opposite the arm you have raised (left arm/right leg & vice versa).

Re-Educate

- Advance when ready to perform over ball.

Quantity: Hold for 10 seconds on each side.

