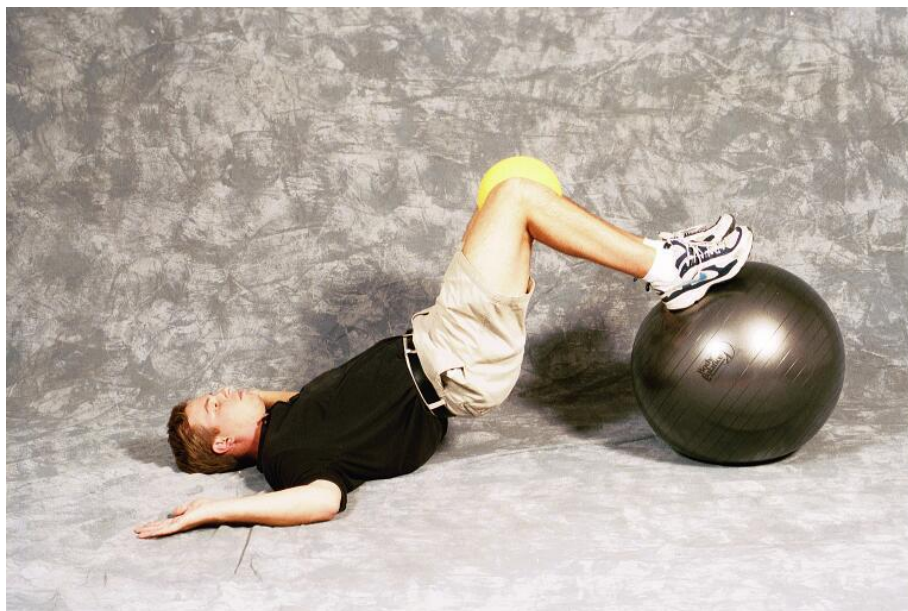


## SUPINE BRIDGE ON SWISS BALL BENT KNEE



57

Purpose: Strengthen the abdominals, lower spine, and hips

Benefit: Improves stability and control in the trunk, pelvis, hips and legs throughout the golf swing.

Instruction:

- Lay on your back on floor:
- **A:** knees bent, feet flat on the ball.
- **B:** contract the abdominals to flatten the back with a pelvic tilt, tighten and lift your buttocks off the floor, hold 1 breath, maintain pelvic tilt and lower back to floor.

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

***All bridging exercises may be performed with no hand support to increase level of difficulty***