

SUPINE BRIDGE ON BALL BENT KNEE MARCH



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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:** bend knees and place heels onto the ball.
- **B:** contract the abdominals to flatten the back with a pelvic tilt, tighten and lift your buttocks off the floor.
- **C:** while holding the bridged position, alternate lifting one foot off the ball while maintaining balance and keeping your hips level

Quantity: Reps _____ sets _____

Re-Educate

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

