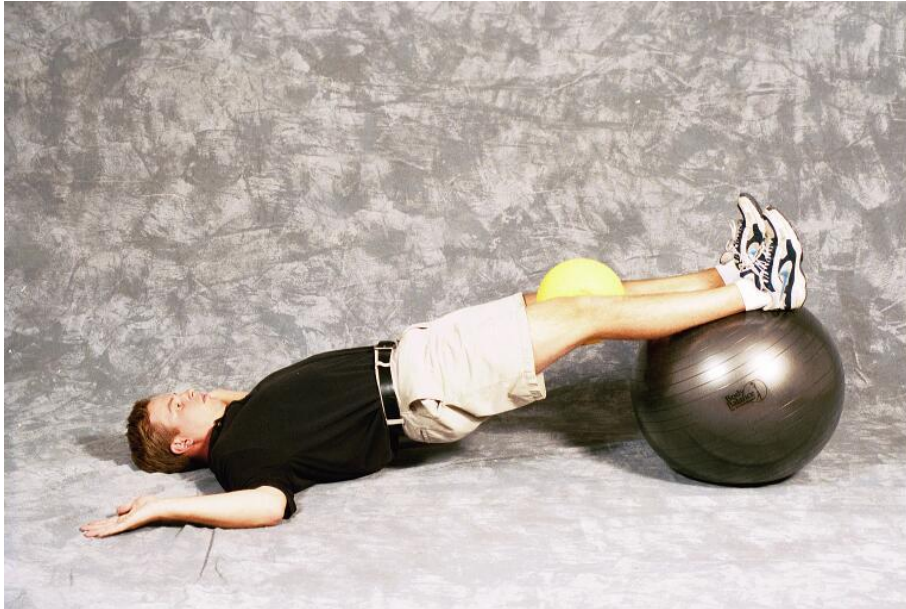


SUPINE BRIDGE ON BALL STRAIGHT KNEE



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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:
- Place both legs on the ball at mid-calf level with both knees extended.
- Contract the abdominals to flatten the back with a pelvic tilt, tighten and lift your buttocks while holding the bridged position, alternate lifting one foot off the ball while maintaining balance and keeping your hips level. Then straighten the lifted knee, hold 1 breath, lower that leg back to the ball and repeat with the other.

Quantity: Reps _____ sets _____

Re-Educate

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

