

## SUPINE BRIDGE WITH MARCH



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

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

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