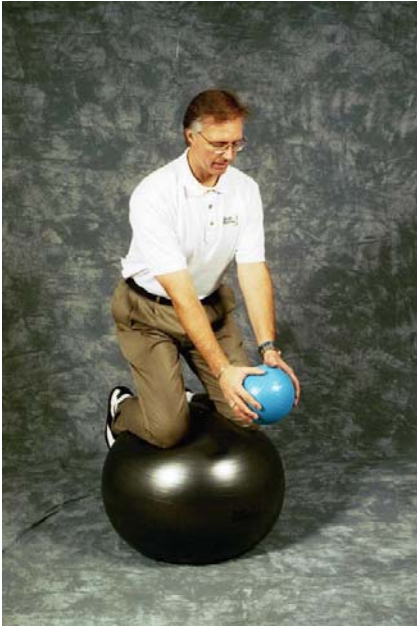
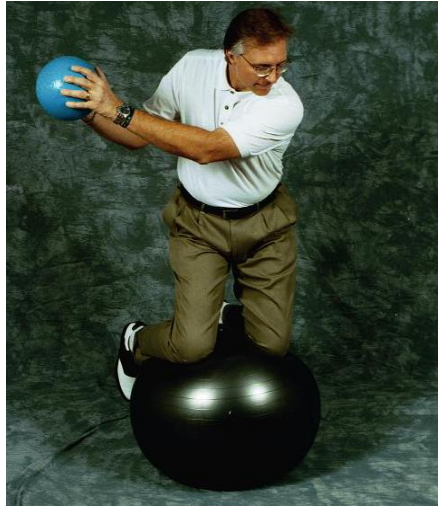


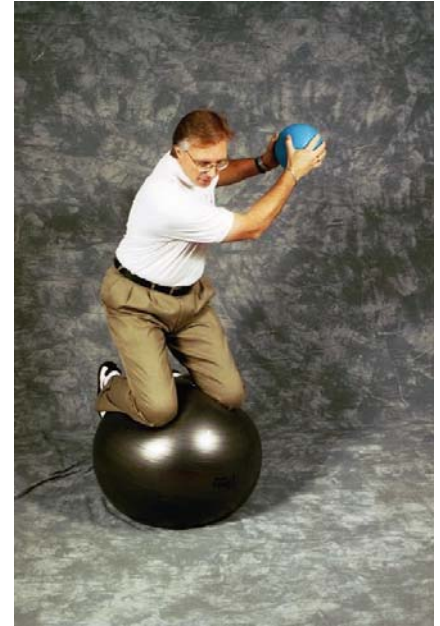
ADDRESS, BACKSWING AND FOLLOW-THROUGH KNEELING BALANCE ON SWISS BALL



94



95



96

Purpose: Improve balance, core strength, coordination, and endurance.

Benefit: Stronger, more powerful lower body to generate greater ball flight.

Instruction: **94:** After achieving a stable base, advance to holding a medicine ball

95: and turning into your backswing

96: And follow-through.

Quantity: Reps _____ sets _____

