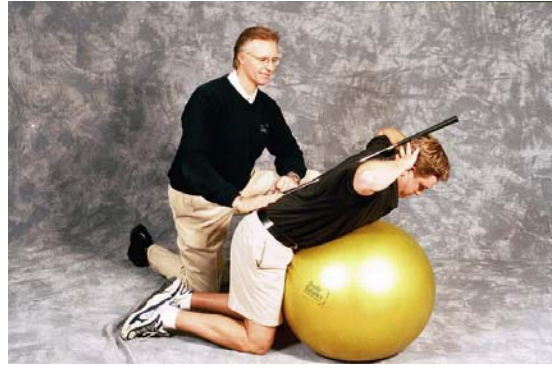


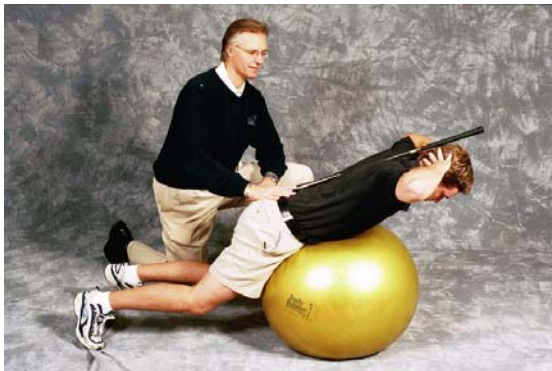
PRONE OVER BALL EXTENSION



68 A: Start



68 B: Finish



68 C: Advanced

Purpose: Strengthen upper back and shoulder blade muscles.

Benefit: Promote reeducation of the proper spine angle throughout the full golf swing.

Instruction: **A:** lay on Swiss ball with stomach down and hands lightly clasped behind head.
B: Raise elbows up and squeeze shoulder blades together, lifting from mid-back. Hold at top 2-3 seconds and relax back down. Be careful to avoid over-arching low back when lifting up.
C: To increase intensity and resistance move further out over the ball with the knees off the floor.

Quantity: Reps _____ sets _____

Re-Educate

