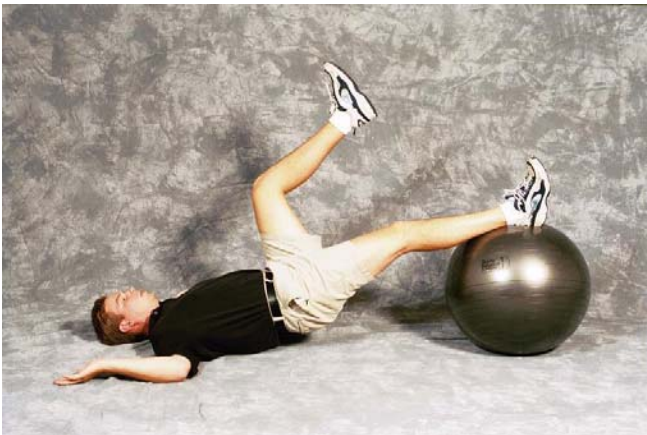


## Re-Educate

### SUPINE BRIDGE SINGLE BENT KNEE TO SINGLE STRAIGHT KNEE



59



61

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, straighten one leg with foot flat on the ball. Hold a proper bridged position while extending one knee until the ball reaches mid-calves, then bend your knees to roll the ball back to you, returning both feet flat on the ball.

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

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