



## Single Leg Balance

**Purpose:**

This exercise quickly develops better balance or proprioception.

**Benefit:**

Improves your balance in your golf swing.

**Instructions:**

Start by standing on one leg and getting into a stable posture. Once stable, try to balance yourself first with eyes open, and then try eyes closed.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

