



Side Step Ups

Purpose:

This exercise helps improve your overall hip turn, develops lower body strength and power, and increases your flexibility between your upper and lower body.

Benefit:

This exercise adds power, explosiveness and stability of your lower body in your golf swing

Instructions:

Holding onto a free weight or a medicine ball for resistance, place your left leg up on a step. Without rotating your trunk or upper body, lift your left leg up and rotate your hips around your body (The Heisman Trophy Pose) fully extending your left knee. Hold your position and then return. Repeat on the right leg.

Quantity:

Do _____ reps _____ sets on _____ side(s).

