



Single Leg Stance Golf Posture

Purpose:

This exercise quickly builds better balance in each leg, while in golf posture.

Benefit:

This will improve balance and posture in your golf swing.

Instructions:

Get into your golf posture and try to lift one leg. Try to balance yourself first with eyes open, and then try eyes closed. Repeat on the other leg.

Quantity:

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

