



Box Steps

Purpose:

This exercise helps build strength and power in the legs.

Benefit:

Adds explosiveness and power to your golf swing

Instructions:

Start by standing on a step or box and hold onto a medicine ball. From there step down with your right leg and perform a squat with your weight equal on both sides. Return up to the starting position and do the same on the opposite side. Increase the height of your step or the weight of the ball as you become more advanced.

Quantity:

Perform _____ reps _____ sets.

