



## Hammer Chops

### Purpose:

For a terrific exercise to develop power from your oblique abdominals try hammer chops. You will need a Swiss ball and hand weights. Leaning with your back upon the ball, stabilize your core, then alternate left and right sides for stronger obliques.

### Benefit:

This exercise improves core and rotational power in your golf swing.

### Instructions:

Grab one dumbbell and sit on a Swiss ball. Stabilizing the dumbbell on your chest, slowly walk yourself out on the ball until the ball is directly under the arch of your lower back. Lie back over the ball with the dumbbell in both hands and place it just over your right shoulder. Now sit up diagonally and chop the dumbbell across your body like you were driving in a nail just outside your left hip. Alternate left and right sides for stronger obliques.

### Quantity:

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

