



## Lateral Bounding

**Purpose:**

This is a beginning level plyometric exercise to help develop speed and power in your legs.

**Benefit:**

This exercise improves speed and power in your golf swing.

**Instructions:**

Start by standing on your right leg and jump to your side landing on your left leg. Jump back and forth maintaining a good golf posture throughout the exercise. Only one foot should be on the ground at anytime.

**Quantity:**

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

