



Lateral Lunge With Twist

Purpose:

This exercise helps improve your ability to load and stabilize into your right and left hips, develops lower body strength and power, and increases your flexibility between your upper and lower body.

Benefit:

This exercise improves stability, power and mobility in your golf swing.

Instructions:

Holding onto a medicine ball, step into a good lateral lunge to the right (right hip and knee stacked on top of each other and your weight inside your right ankle). From here, rotate your upper body over your stable right leg and keep your head facing forward. Make sure your weight stays inside on your right foot; don't let your weight shift to the outside of your foot. Repeat to the left.

Quantity:

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

