



Medicine Ball Power Swing

Purpose:

To increase dynamic stability in the core and key stabilizers.

Benefit:

This exercise improves the body's ability to coil around the hips while maintaining proper dynamic posture.

Instructions:

Begin from the proper address position. Hold a medicine ball of about 1-2 lbs. Perform the backswing motion and immediately move into the downswing motion and continue with the follow through. At the top of the follow through, reverse the direction as though you were a left handed player. Form is extremely important. If you feel your form is altered due to the weight of the ball, lower the weight.

Quantity:

Reps _____ sets _____

