



## Plank

**Purpose:**

This exercise is designed to establish core stability while in an advanced position.

**Benefit:**

This exercise improves power and stability in your golf swing.

**Instructions:**

Begin by getting into the plank position with elbows located directly under the shoulder joints and lower back straight. Place feet approximately hip width apart from one another outstretched and on toes. Exercise is conducted by holding this position for a predetermined amount of time.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

