



Plank Alternating Leg

Purpose:

This exercise is designed to establish core stability with a focus on advanced positioning.

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. Begin exercise by slowly raising one entire leg toward the ceiling. Slowly lower back to starting position. Repeat on opposite side.

Quantity:

Do _____ reps _____ sets.

