



## Plank to Push-Up

**Purpose:**

To improve scapular and core strength and stability.

**Benefit:**

This increases stability in the golf swing.

**Instructions:**

Start with the shoulders located directly over-top the hands and lower back in a neutral position. Begin movement by going down onto left forearm while maintaining neutral spine position. Next lower the right side arm to the same position as the left arm. Finally return to starting position with the left arm and next follow back to starting position with the right arm. Always maintain neutral spine posture during the exercise.

**Quantity:**

\_\_\_\_\_ side \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ x/day.

