



Reach Roll And Lift Planks

Purpose:

This exercise teaches you how to stabilize your core and shoulder blades and elevate your arms at the same time.

Benefit:

This is very important to help stabilize your posture throughout your golf swing.

Instructions:

Get onto all fours (hands and knees) and stabilize your spine in a neutral posture. Slowly rock forward into a semi-plank position and try to reach, roll, and lift your arm to the sky. During the lift, try to prevent your spine from losing its stable posture.

Quantity:

Do _____ reps _____ sets.

