



Side Bounce Twist

Purpose:

This is a great exercise to help develop strength in your oblique abdominals and increase the separation between your upper and lower body.

Benefit:

This exercise improves rotational power in your golf swing.

Instructions:

Sitting tall with your legs flared and extended, take a medicine ball and proceed to bounce the ball on each side of your body. Make sure you rotate your torso with each bounce and keep your core braced throughout the exercise.

Quantity:

Do _____ reps _____ sets on _____ side(s).

