



Single Leg Bridge

Purpose:

The single leg bridge is a superb exercise for strengthening your gluteals, improving hip extension, and building stability in the core.

Benefit:

Improved glute strength leads to better stability in your golf swing.

Instructions:

Lying flat on your back with your knees bent, feet flat on the ground, and knees and feet together. Extend your right knee completely and from here, lift your hips up off the ground using your left glute. Try to maintain a stable pelvis and focus on firing the glute and minimizing the hamstring involvement. Hold for up to 10 seconds and repeat back and forth. Repeat on the other leg.

Quantity:

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

