



Single Leg Side Planks

Purpose:

This is an advanced exercise to add side pillar strength. Make sure you have adequate strength in the glutes and good stable shoulders before attempting this exercise. Key safety point is to keep your arm perpendicular to the floor.

Benefit:

This exercise improves stability of your lower body during your golf.

Instructions:

Start by lying on your right side with your feet on top of each other and your right elbow directly under your right shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank. Make sure you elevate high enough to get your right calf off the ground. From the plank position try to lift your left leg up so that it is parallel to the floor. Hold for the prescribed amount of time and return to the ground. Repeat on other side.

Quantity:

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

