



Single Leg Squat Against Ball

Purpose:

Strengthen lower extremities.

Benefit:

Stabilizes lower extremities in the golf swing.

Instructions:

Position the ball up against the wall so that it is sitting in your mid lower back region. Lift one leg straight out, the other leg should be positioned in the center of your stance. Move your standing foot out a little bit forward so that your body is leaning on the ball. This will allow your lower body the ability to squat at a 90 angle, which takes the pressure off the knee. Put most of your body weight into your heels as you lower down & then push up off that heel as you straighten back up. You should feel the buttocks and the thighs working in this exercise.

Quantity:

Hold _____ breaths _____ reps.

