



## Skier

### Purpose:

This is a challenging exercise that builds core and upper body strength, as well as, flexibility between your upper and lower body.

### Benefit:

This advanced exercise improves power and rotational stability in your golf swing.

### Instructions:

Start by rolling out face down on top of a Swiss ball until the ball is under the lower end of your thighs. From here, draw your knees up towards your chest until your hips and knees are 90 degrees. Now, try to roll sideways on ball to the left and right as if you were skiing moguls. Keep your hips and knees 90 degrees throughout the exercise.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

