



## Squats Against Ball

Purpose:

Strengthen abdomen and lower extremities.

Benefit:

Improves lower extremities power and control throughout the swing.

Instructions:

Position the ball up against the wall so that it is sitting in your mid lower back region. Your feet should be slightly wider than shoulder width apart. Move your feet 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 degree angle, which takes the pressure off the knees. Put most of your body weight into your heels as you lower down & then push up off these heels as you straighten back up. You should feel the buttocks and the thighs working in this exercise.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

