



## Address, Backswing And Follow-Through Kneeling Balance On Swiss Ball

Purpose:

Improve balance, core strength, coordination, and endurance.

Benefit:

Stronger, more powerful lower body to generate greater ball flight.

Instructions:

After achieving a stable base, advance to holding a medicine ball and turning into your backswing and follow-through.

Quantity:

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

