



## Around The Worlds

**Purpose:**

This exercise helps strengthen your chest muscles and develops better stability in your shoulders.

**Benefit:**

This exercise improves rotational stability in your golf swing

**Instructions:**

Start by sitting on a Swiss ball with a small dumbbell in each hand. Roll out on the ball until your shoulder blades are directly on top of the ball and your head is supported by the ball. Hold both dumbbells up directly above your chest and slowly lower them down and out around your body. Both dumbbells should meet directly over your waist with your palms facing down and then return them straight up into the starting position. Repeat.

**Quantity:**

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

