



Assisted Single Leg Bridge

Purpose:

This exercise teaches the skill of isolated glute activity that is needed to bridge correctly.

Benefit:

Proper glute activation improves pelvic stability in you golf swing.

Instructions:

The handles are placed at the point of attachment that is directly above you. The middle of the tubing is placed around your waist. Bring one knee up to your chest and hold it while squeezing the tubing with your hands. Bend the other knee and place foot on the floor. Tighten your stomach and lift your hips up off the floor with weight on your foot and your shoulders. Lift your hips up so that there is a straight line from shoulders through the spine to your knee of the foot that is down. Then slowly lower your hips down to the floor. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

Do _____ reps _____ sets on _____ side(s).

