



Abdominal Hollow In Neutral

Purpose:

This hollowing technique ensures that you pre-activate your abdominals which helps you isolate them better.

Benefit:

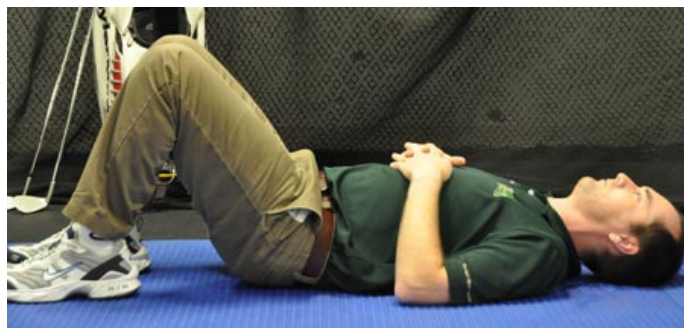
This exercise helps you derive the most benefit from other abdominal exercises.

Instructions:

Lie flat on your back with your knees bent and your feet flat on the floor. To perform an abdominal hollow, try to draw in or suck in your abdominals like you were pulling your belly button down towards your spine. Try to minimize any chest elevation or upper body muscular recruitment and make sure you can breathe throughout the entire exercise.

Quantity:

Do _____reps _____sets.





Around The Worlds

Purpose:

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

Benefit:

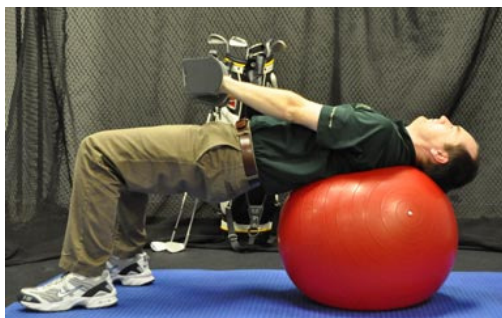
This exercise improves rotational stability in your golf swing

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.





Bridge With Leg Extension

Purpose:

The bridge with leg extension is a superb exercise for strengthening your gluteals, improving hip extension, and building stability in the core.

Benefit:

Improved glute strength leads to better stability in your golf swing.

Instructions:

Lying flat on your back with your knees bent and your feet flat on the ground, extend your arms out to your side. From here, lift your hips up off the ground using your glutes. Once stable, extend your right leg out straight and try to maintain a stable pelvis. Hold for up to 10 seconds and repeat on the other side.

Quantity:

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





Bridge With Leg Marching

Purpose:

This is a great exercise for strengthening your gluteals, improving hip extension, and building stability in the core.

Benefit:

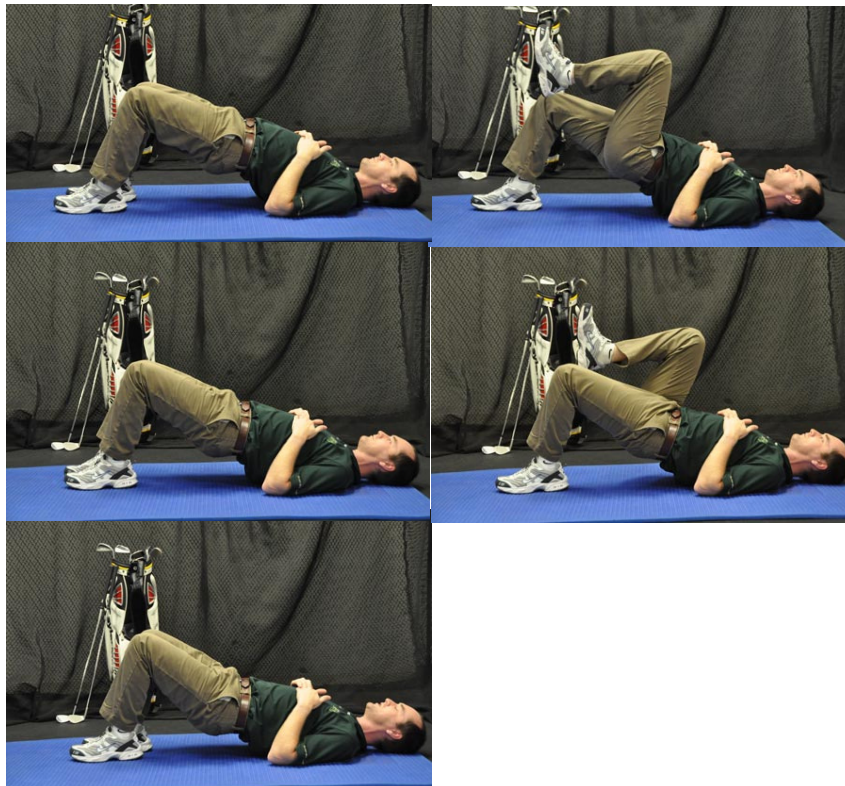
Improved glute strength leads to better stability in your golf swing.

Instructions:

Get into a bridge position and cross your arms over your shoulders. From there lift your pelvis off the ground and lift your legs one at a time in a marching motion. The key here is to keep your pelvis level and off the ground and keep the contraction in your glutes, not in your legs.

Quantity:

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





Curl Up

Purpose:

A curl up is the foundation for developing strong abs. This exercise strengthens abdominals.

Benefit:

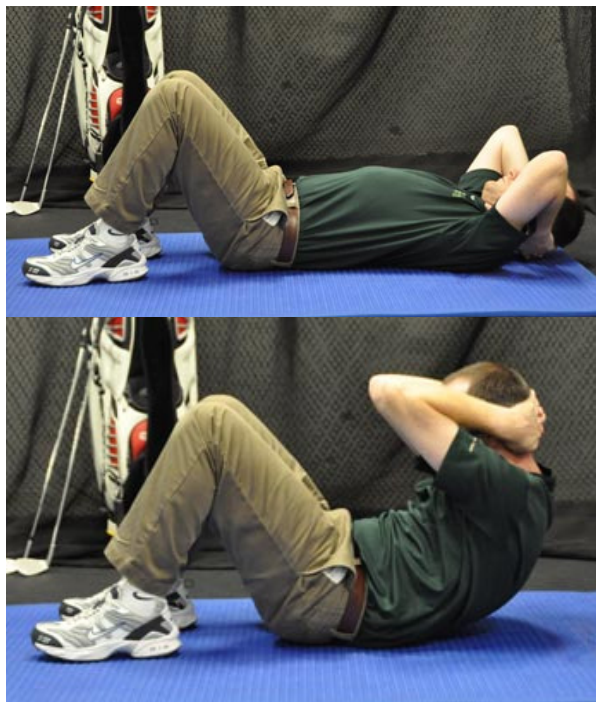
A strong solid core will help maintain posture, get more energy to the trunk and add valuable yardage when playing golf.

Instructions:

Lying flat on your back with your knees bent and your arms behind your head or placed under your lower back, get into a neutral pelvic posture and brace your abs. From here, slowly curl up each vertebrae, starting from your neck, one at a time until you feel your shoulder blades coming off the ground. Slowly lower yourself and repeat.

Quantity:

Do _____ reps _____ sets.





Dead Bug Sequence

Purpose:

To stabilize your core and pelvic posture, while you move your arms and legs.

Benefit:

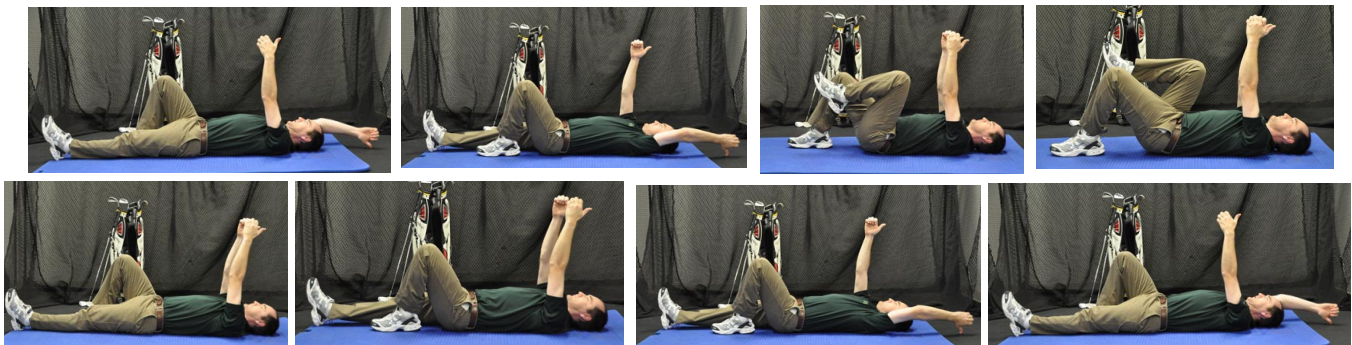
A strong solid core will help maintain posture, get more energy to the trunk and add valuable yardage when playing golf.

Instructions:

Start by lying flat on your back with your knees bent and arms extended out in front of you. Tilt your pelvis back and forth until you find the middle or neutral position. Now, brace your abdominals to maintain your pelvic neutral posture. If you feel like you are going to lose your brace you should stop doing the sequence. Step one is to drop one arm, then drop the other. Once you can perform this maintaining a neutral brace, then try dropping both arms at once. Step three incorporates your legs, try dropping one leg at a time, or extending one leg at a time. For advanced users, you can drop an arm and leg at the same time. The most advanced people can alternate arms and legs simultaneously in a bicycle type position.

Quantity:

Do _____reps _____sets.





Deer In The Headlights

Purpose:

This exercise teaches you how to isolate and fire your glute muscles independently of other muscles in your lower body.

Benefit:

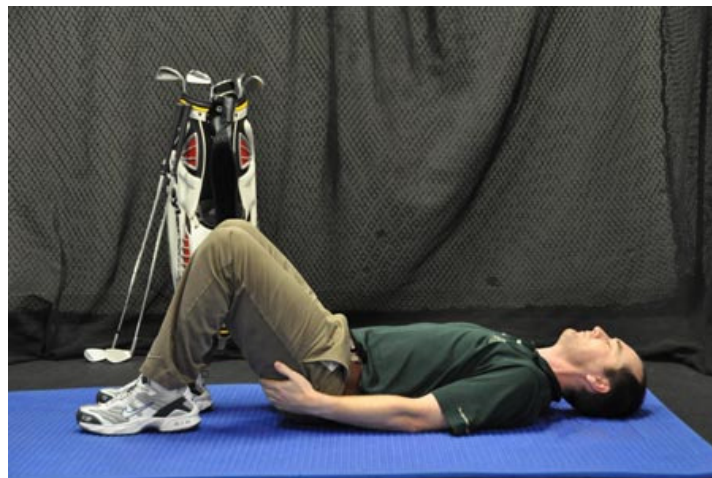
This will help you build strength and stability in the lower body.

Instructions:

Lying flat on your back with your knees bent and your feet flat on the ground, place both hands on your glutes. Try to contract your right glute without engaging any other muscles, specially the hamstring. Hold for 5 to 10 seconds trying to squeeze as hard as you can. Repeat this on the left side and then on both sides.

Quantity:

Do _____reps _____sets.





Dynamic Hamstrings

Purpose:

This is a great exercises to increase the length and flexibility of your hamstring.

Benefit:

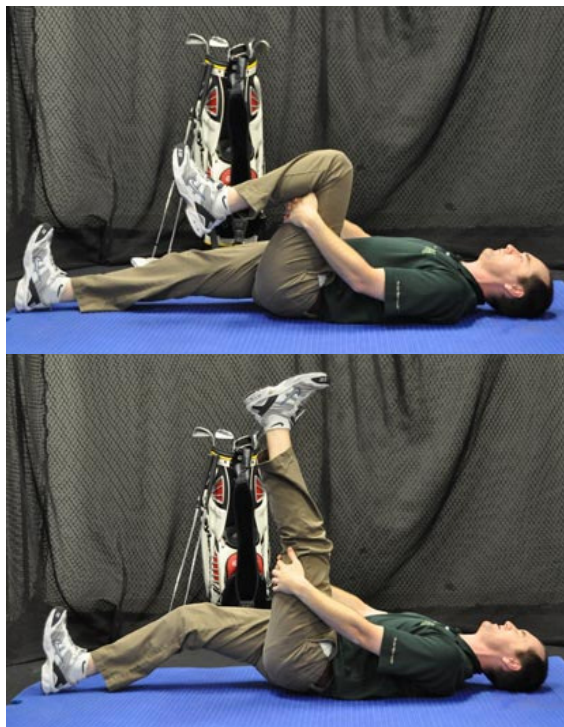
Improved hamstrings leads to improved address posture and spine stability in your golf swing

Instructions:

Start by lying flat on your back with your legs extended. Bring your left knee up towards your chest until your thigh is perpendicular to the floor. Grab your left thigh with both hands to help stabilize your leg and try to extend your left leg completely from the knee. Make sure your right leg stays extended and your left thigh stays perpendicular to the floor. Repeat on both sides.

Quantity:

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





Gentle Ab Roller

Purpose:

This exercise improves abdominal rotational strength and spine rotational mobility.

Benefit:

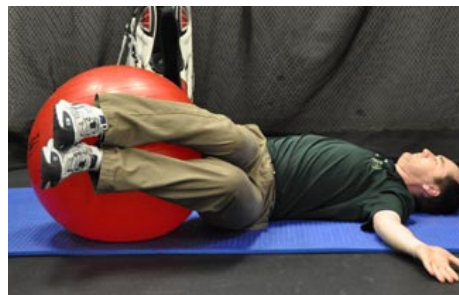
This exercise improved rotation and stability for more power and consistency in your golf swing

Instructions:

Lie on your back with you feet resting on the Swiss ball as pictured below. Now lightly grab the ball with your feet and thighs. Now roll the ball to the right as far as you can without your shoulder coming up or the ball coming out from under your legs. Repeat to the left side.

Quantity:

Do _____ reps _____ sets.





Hip Lifts

Purpose:

This exercise will help build additional strength and stability in the glutes, hamstrings, and core.

Benefit:

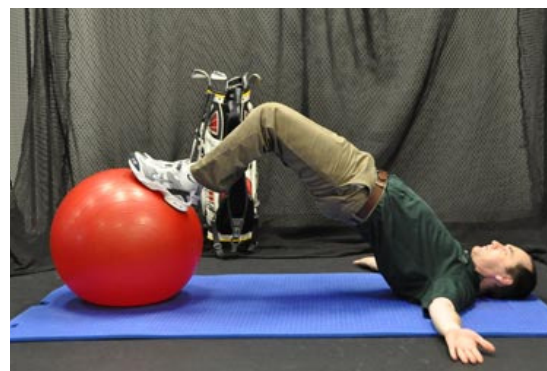
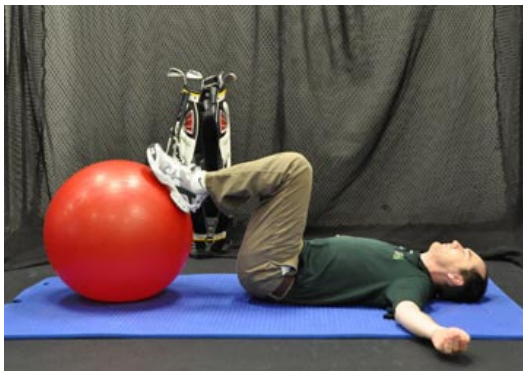
This exercise improves stability and power in the lower body during your golf swing.

Instructions:

Start lying flat on your back with your feet up on a Swiss ball. From this position, lift your hips up off the ground pushing up with your feet. Try to contract your glutes and abs during the entire exercise. Return to the ground and repeat.

Quantity:

Do _____reps _____sets.





Jack Knife Sit-ups

Purpose:

Performing jackknife sit-ups will help to facilitate a powerful abdominal core.

Benefit:

Strengthening abdominals leads to increased yardage in your golf swing.

Instructions:

Lying flat on your back, elevate your legs straight up and cross your feet at the ankles. Holding a medicine ball or body bar directly vertical above your chest, start to perform a jackknife sit-up. Curl your chin to your chest and keep curling up each vertebrae one at a time, trying to raise the bar or ball towards your feet. Once you can't go any further, return to the starting position. Repeat!

Quantity:

Do _____reps _____sets.





Leg Lowering Against A Wall

Purpose:

This exercise helps improve your hip hinge mechanics and hamstring flexibility.

Benefit:

Hamstring mobility promotes neutral address posture by improving your hip hinge.

Instructions:

Lying flat on your back in a doorway, place your right leg up against a wall and stabilize your core. Keeping both legs straight and your spine stable, slowly lower your left leg down to the ground. Repeat this up and down movement for the prescribed number of reps and sets.

Quantity:

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





Leg Overs

Purpose:

This exercise helps develop better separation between your lower & upper body and increases the flexibility in your hips.

Benefit:

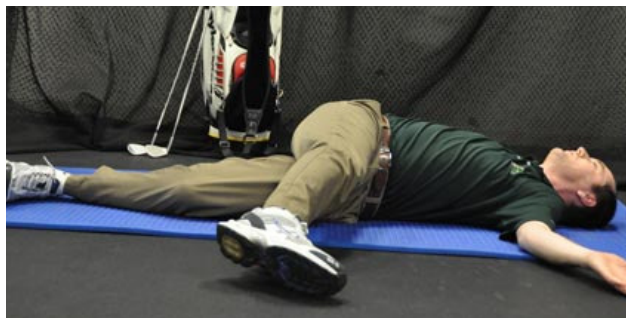
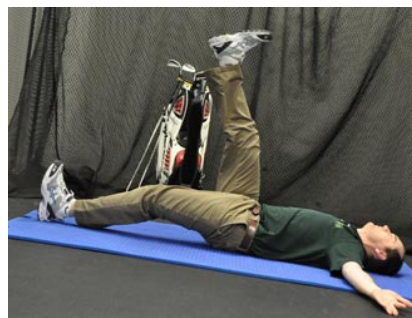
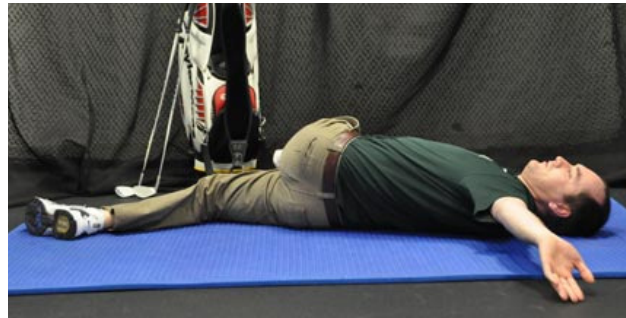
This exercise improves rotation and separation between your lower body and upper body in your golf swing.

Instructions:

Lying flat on your back with your legs extended and your arms out to your side, lift one leg up as high as possible keeping your knee extended. Now, try to touch your foot to your opposite arm keeping your upper body on the ground. Repeat on the other side.

Quantity:

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





Pelvic Tilts Supine

Purpose:

Pelvic tilts are the best exercise to increase your range of motion for your lumbar spine.

Benefit:

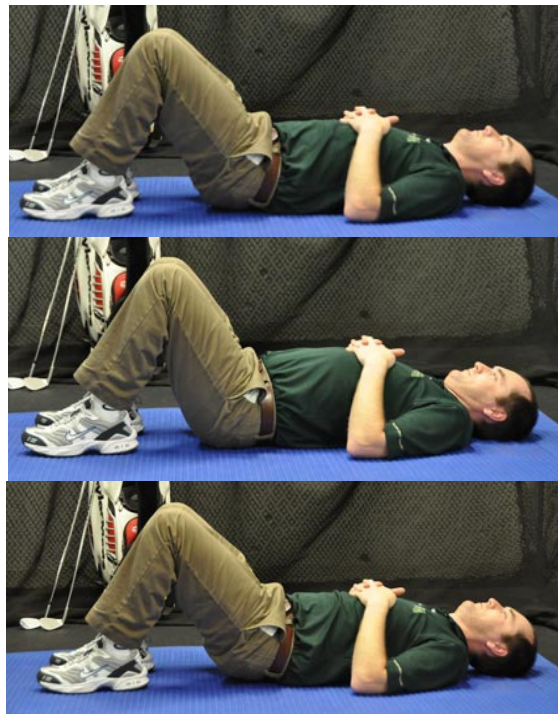
This will allow you to get into a better set up position and help prevent spine problems in the golf swing.

Instructions:

Lie on your back with your knees bent and feet flat on the floor. Try to tilt your pelvis back and forth (arch your back and flatten your back), trying to limit any chest or upper body movement at the same time. Make sure when you flatten your back, you should also be drawing in or flattening your stomach (not sticking it out). Repeat this back and forth for the prescribed amount of time.

Quantity:

Do _____ reps _____ sets





Single Leg Bridge

Purpose:

The single leg bridge is a superb exercise for strengthening your gluteals, improving hip extension, and building stability in the core.

Benefit:

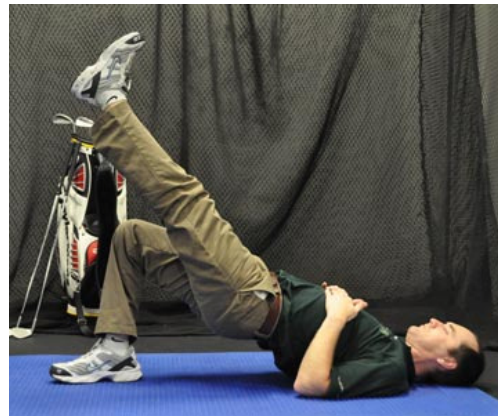
Improved glute strength leads to better stability in your golf swing.

Instructions:

Lying flat on your back with your knees bent, feet flat on the ground, and knees and feet together. Extend your right knee completely and from here, lift your hips up off the ground using your left glute. Try to maintain a stable pelvis and focus on firing the glute and minimizing the hamstring involvement. Hold for up to 10 seconds and repeat back and forth. Repeat on the other leg.

Quantity:

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





Supine Bridge

Purpose:

This exercise helps develop stronger glutes and stability in the lower body.

Benefit:

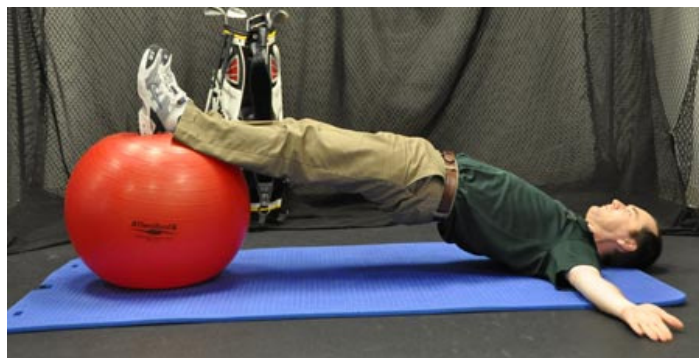
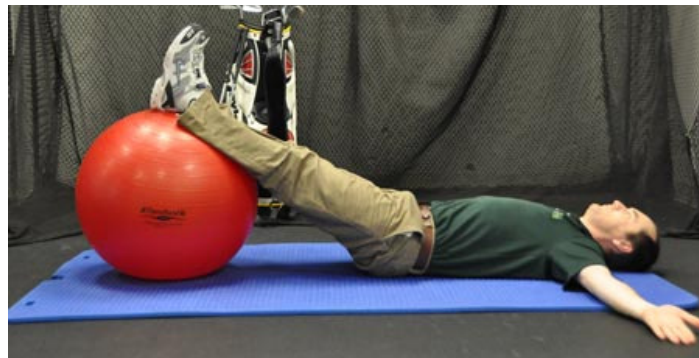
Improved glute strength leads to better stability in your golf swing.

Instructions:

Lie down with a Swiss ball under your feet. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

Quantity:

Do _____ reps _____ sets.





Supine Bridge One Leg

Purpose:

This is an advanced lower body and core stability exercise designed to target the glutes.

Benefit:

Improved glute and core strength leads to better stability in your golf swing.

Instructions:

Start by lying on your back with your feet up on a Swiss ball and your arms crossed over your chest. Try to lift your hips up off the ground and stabilize your balance. Once stable, try to elevate one leg and balance yourself for the prescribed amount of time. Repeat on the other side.

Quantity:

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





Supine Bridge No Arms

Purpose:

This is an advanced lower body and core stability exercise designed to target the glutes.

Benefit:

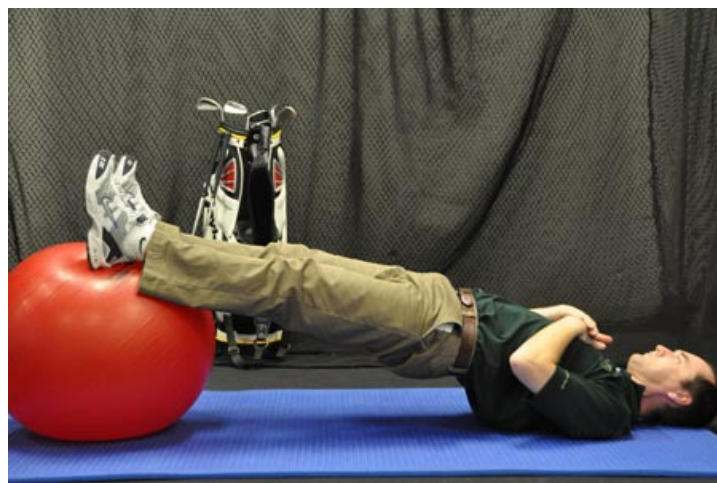
Improved glute and core strength and stability leads to better stability in your golf swing.

Instructions:

Lie down with a Swiss ball under your feet and your arms crossed over your chest. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

Quantity:

Do _____ reps _____ sets.





Advanced Push-Ups

Purpose:

Advanced push-ups is an ideal exercise for increasing pectoral strength and overall power in the upper body.

Benefit:

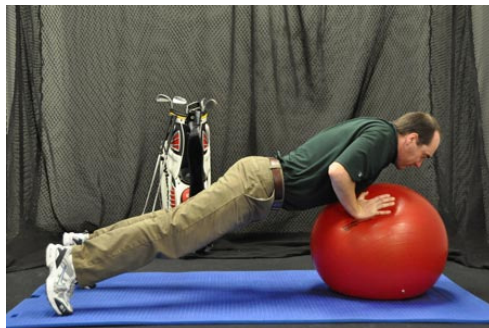
Improved power and strength create improved distance in your golf shots.

Instructions:

Start by getting into a push up position lying on top of a Swiss Ball with both hands on a Swiss Ball. Spread your feet apart for better stability and try to perform a push-up. Make sure you do the push-up slowly and don't bounce yourself off the ball for momentum.

Quantity:

Do _____ reps _____ sets.





Inch Worm

Purpose:

Increases flexibility in calves, hips and spine.

Benefit:

This exercise improves flexibility in your golf swing.

Instructions:

Start out in a push up position, with your feet flat, walk/inch your feet forward towards your hands, feel the stretch in your calves. Then walk your hands forward, repeat with your feet.

Quantity:

Do _____ reps _____ sets.





IYTW Swiss Ball

Purpose:

This exercise helps develop scapular stability and strength in the muscles between your shoulder blades.

Benefit:

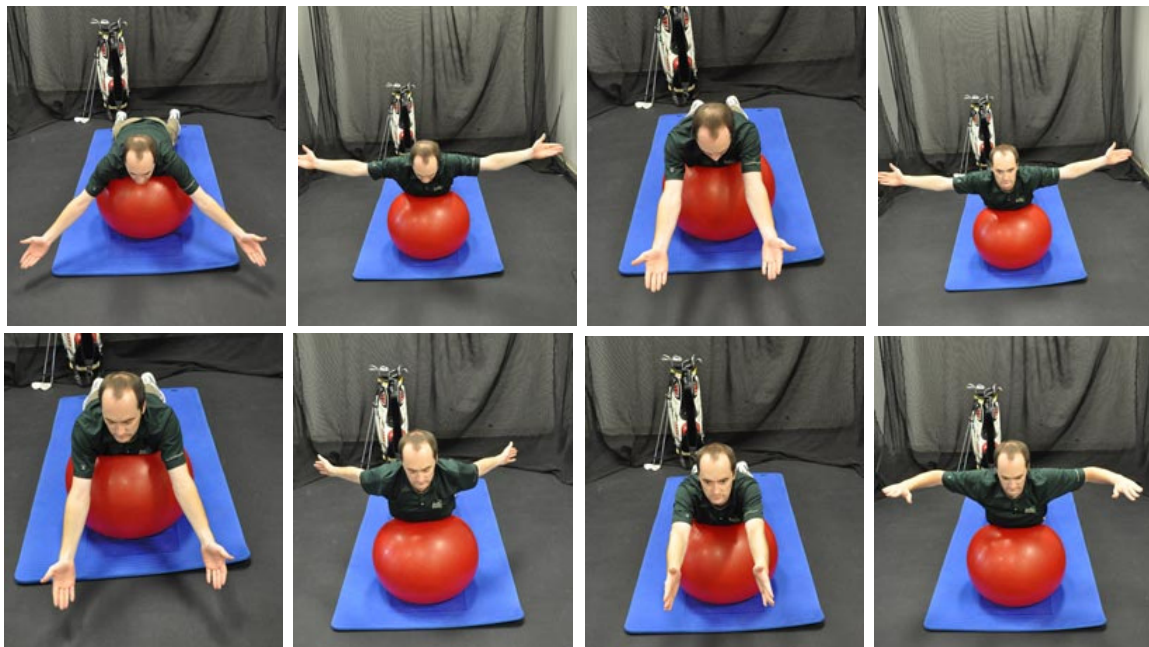
This exercise improves the strength and stability of the upper body and spine in your golf swing.

Instructions:

Lie face down on a Swiss ball with your feet spread apart and the ball placed under your chest. Let your arms hang down and before you begin each move make sure you squeeze your shoulder blades together for better form. Start by trying to bring both of your arms (elbows locked) straight out to your sides, forming the letter "T" with your body. Then bring both arms (elbows locked) up above your shoulders, forming the letter "Y" with your body. Next, bring both arm (elbows locked) back and down by your sides, forming the letter "I" with your body. Finally, with your elbows slightly bent, your arms out in front of your body, and your thumbs pointing up, raise your arms to the sky forming the letter "W" with your body. Repeat each position for the prescribed number of sets and reps. Remember, start each motion by squeezing your shoulder blades together.

Quantity:

Do _____reps _____sets.





Plank

Purpose:

This exercise is designed to establish core stability while in an advanced position.

Benefit:

This exercise improves power and stability in your golf swing.

Instructions:

Begin by getting into the plank position with elbows located directly under the shoulder joints and lower back straight. Place feet approximately hip width apart from one another outstretched and on toes. Exercise is conducted by holding this position for a predetermined amount of time.

Quantity:

Do _____ reps _____ sets.





Plank Alternating Leg

Purpose:

This exercise is designed to establish core stability with a focus on advanced positioning.

Benefit:

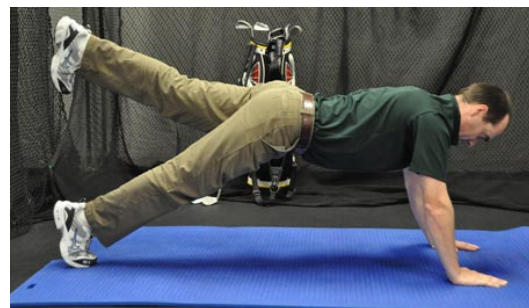
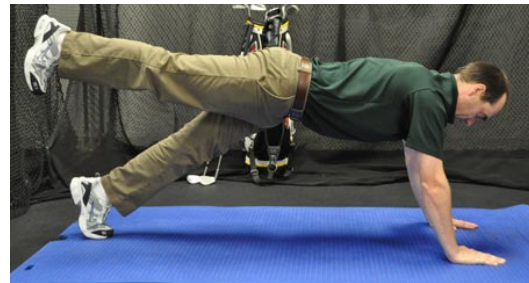
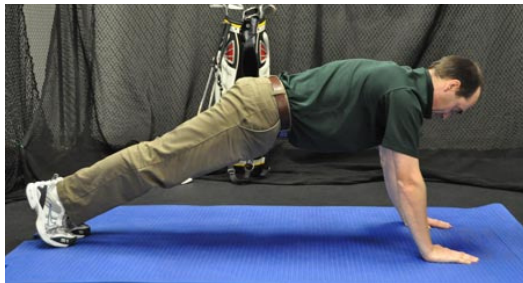
This exercise improves power and stability in your golf swing.

Instructions:

Begin by getting into the plank position with elbows located directly under the shoulder joints and lower back straight. Place feet approximately hip width apart from one another outstretched and on toes. Begin exercise by slowly raising one entire leg toward the ceiling. Slowly lower back to starting position. Repeat on opposite side.

Quantity:

Do _____reps _____sets.





Prone Planks

Purpose:

This exercise helps develop overall core and shoulder stability. Make sure elbows are directly under shoulders.

Benefit:

This exercise improves power and stability in your golf swing.

Instructions:

Lying face down on the mat, place your elbows under your shoulders and your forearms flat on the mat. Lift your body off the ground keeping your core braced and stable and support yourself with just your forearms and toes. Make sure your lower back is not sagging and your core is braced throughout the exercise.

Quantity:

Do _____ reps _____ sets.





Prone Walkout

Purpose:

This is a challenging exercise that develops strength in the upper body and stability in the core. If you have any pains in the wrist eliminate this exercise.

Benefit:

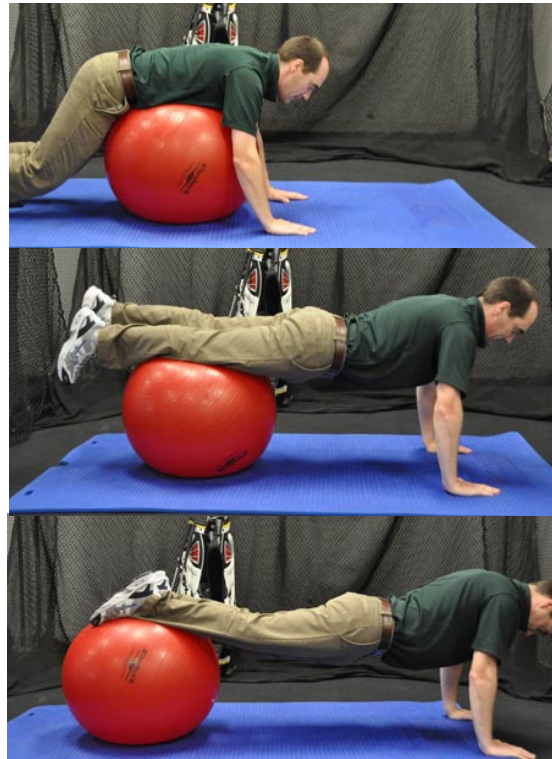
This exercise improves power and stability in your golf swing.

Instructions:

Walkout facedown on a Swiss ball, while stabilizing your core (no excessive arch in your lower back). Walkout as far as comfortable, pause, and then roll back to your starting position. Key to the prone walkout is to keep your back flat during this exercise.

Quantity:

Do _____ reps _____ sets





Push Ups On Ball

Purpose:

This is a fantastic way to develop stronger pectorals/chest muscles and core stability.

Benefit:

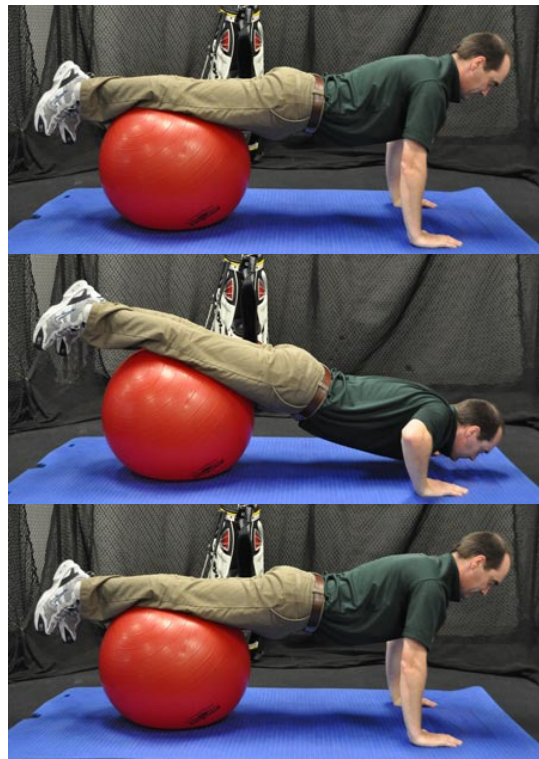
This exercise improves power and stability in your golf swing.

Instructions:

Start by rolling out face down on a Swiss ball, until the ball is under your thighs. Keeping your core stable, with a neutral pelvic posture, start to perform push-ups. To make this harder, try walking out farther on the ball.

Quantity:

Do _____ reps _____ sets





Scorpions

Purpose:

This is a creative exercise to help lengthen the hip flexors and add mobility to the hips and spine.

Benefit:

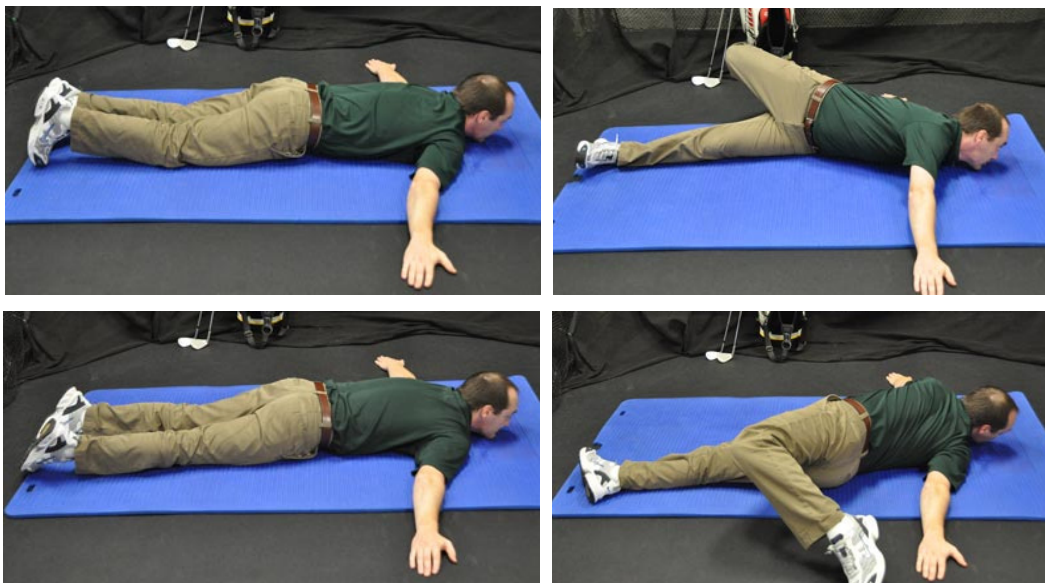
This exercise improves pelvic mobility and rotational movement patterns in your golf swing.

Instructions:

Lie face down with your arms out to your sides and your legs extended. Keeping your arms in contact with the ground, try to lift your right foot up and touch your left hand. Bring your foot back and repeat on the other side. Only go as far as comfortable and stop if there is any pain.

Quantity:

Do _____reps _____sets.





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:

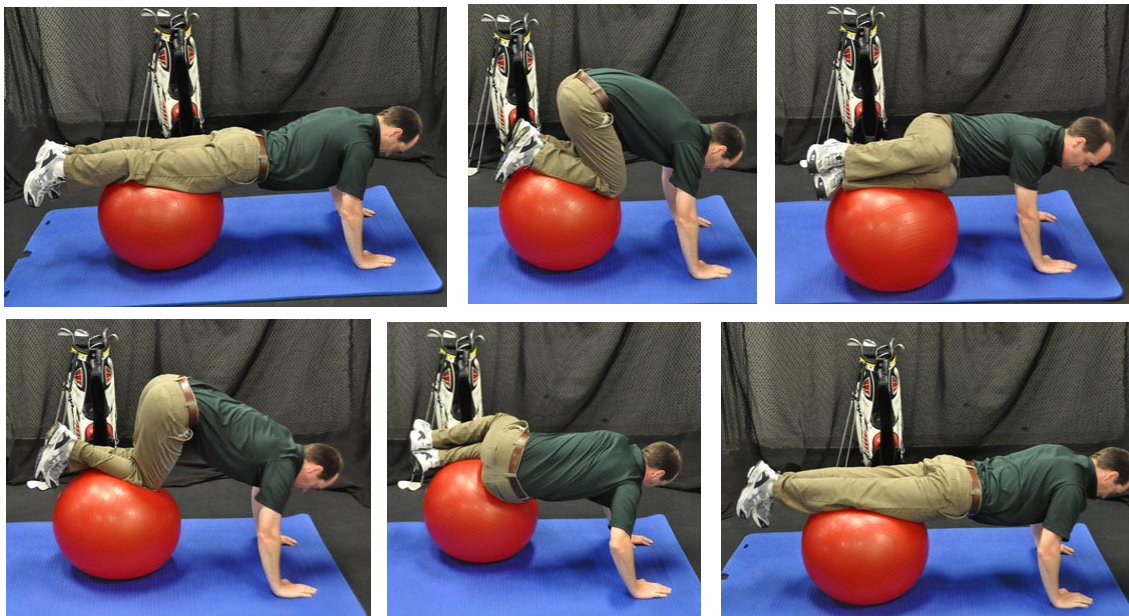
This advanced exercise improves power and rotational stability in your golf swing.

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.





Split Jumps

Purpose:

This exercise develops explosive power in the legs.

Benefit:

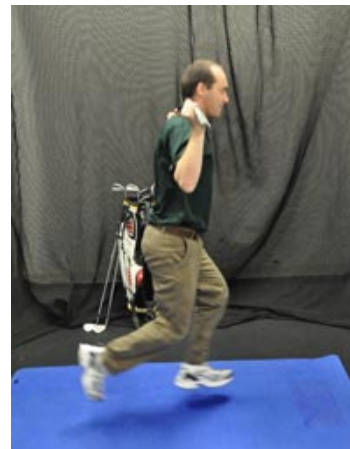
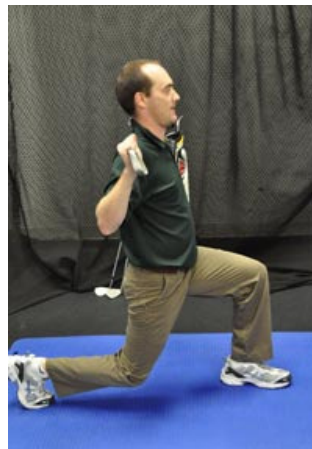
This advanced exercise improves power in your golf swing.

Instructions:

From a standing position with and golf club held across the back of your shoulders, start by taking a forward with your right foot. Pretend like you are standing on a balance beam (narrow your base) and lower your torso and pelvis down keeping your posture upright. Allow your back heel to come off the ground and make sure your front knee stays over your front ankle (Don't let your front knee go forward past your ankle!!!). From the down position explode up into a full jump and switch positions of your feet in the air. You should land in a lunge position with your left foot forward. Repeat the jumps back and forth.

Quantity:

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





L's On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder blades

Benefit:

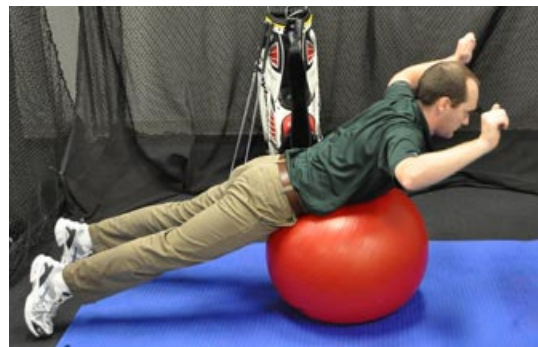
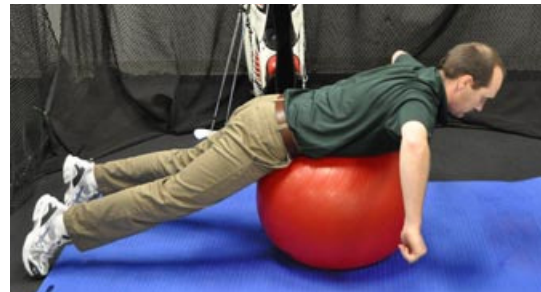
This exercise improves shoulder stability in the golf swing.

Instructions:

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout the movement. Repeat.

Quantity:

Do _____reps _____sets.





T's On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder blades

Benefit:

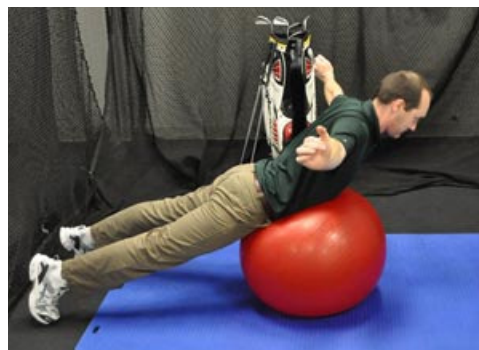
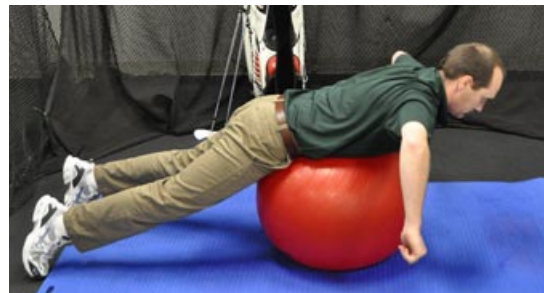
This exercise strengthens all the muscles between your shoulder blades and helps improve shoulder stability in the golf swing.

Instructions:

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Repeat back and forth.

Quantity:

Do _____ reps _____ sets.





Y'y On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder blades

Benefit:

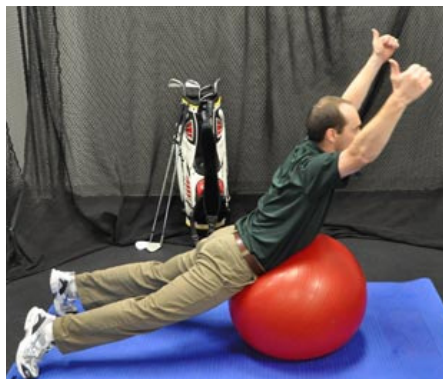
This exercise strengthens all the muscles between your shoulder blades and helps improve shoulder stability in the golf swing.

Instructions:

Roll out face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and out to your side trying to make the letter Y, while squeezing your shoulder blades together as you lift. This is called the Y. Lower your arms and repeat.

Quantity:

Do _____reps _____sets on _____side(s).





W's On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder

Benefit:

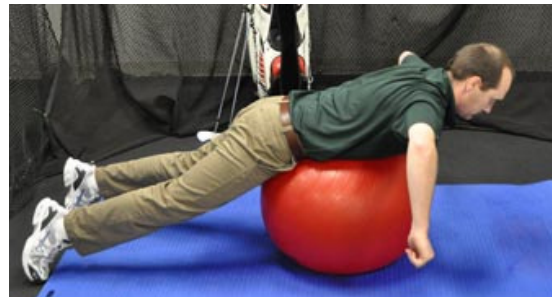
This exercise strengthens all the muscles between your shoulder blades

Instructions:

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Start with your arms bent and out in front of the ball and lift and externally rotate your arms into the W position. Make sure you are squeezing your shoulder blades together as you lift. Repeat back and forth!

Quantity:

Do _____reps _____sets.





Open Books

Purpose:

This exercise helps develop better flexibility in your pec muscles, upper spine and rib cage, and overall shoulder joints.

Benefit:

This exercise improve overall rotation in your golf swing.

Instructions:

Lie on your side with your knees bent and your hands extended out in front of you. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your arm at chest level. Return and repeat on both sides.

Quantity:

Do _____reps _____sets on _____side(s).





Side Leg Lifts

Purpose:

To create stronger gluteus medius muscles try doing side leg lifts.

Benefit:

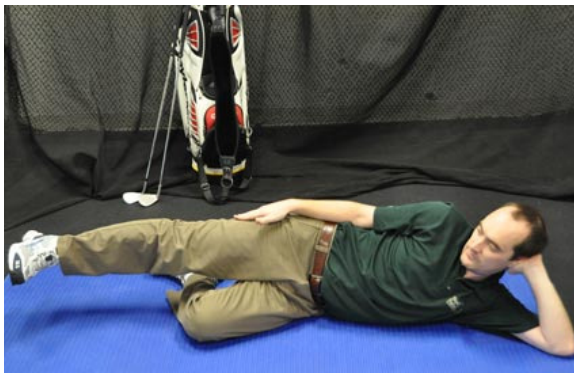
This exercise will improve your lateral stability in the golf swing.

Instructions:

Lie on your right side with your left leg straight and your right leg bent for support. Now, keeping your left leg straight and your foot parallel to the ground, raise your left leg straight up in the air. Try to prevent any forward drift of the left leg or posterior drift of the pelvis. Go back and forth as prescribed. Repeat on the other side. **Remember to keep your foot parallel to the ground throughout the exercise for good form**

Quantity:

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





Side Planks

Purpose:

This is a great exercise to build trunk and core stability. It really targets the glute medius and the love handle area.

Benefit:

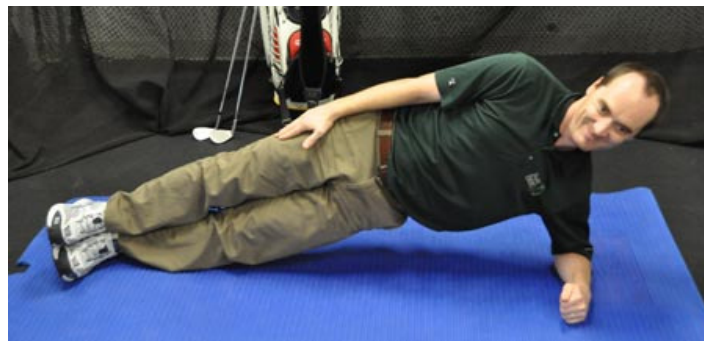
This exercise improves power and stability in your golf swing.

Instructions:

Start by lying on your left side with your feet on top of each other and your left elbow directly under your left shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank. Make sure you elevate high enough to get your calves off the ground. Hold for the prescribed amount of time and return to the ground. Repeat on other side.

Quantity:

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





Side Stretch Over Ball

Purpose:

This exercise helps increase the flexibility in your spine and lats.

Benefit:

This exercise improves set up alignment and rotational separation in your golf swing.

Instructions:

Lie on your side on top of a Swiss ball. Spread your feet for support and place the ball along the side of your rib cage. Lay completely across the top of the ball and reach your top arm over and across to stretch the lat. Hold for 2 breaths and return.

Quantity:

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





Single Leg Side Planks

Purpose:

This is an advanced exercise to add side pillar strength. Make sure you have adequate strength in the glutes and good stable shoulders before attempting this exercise. Key safety point is to keep your arm perpendicular to the floor.

Benefit:

This exercise improves stability of your lower body during your golf.

Instructions:

Start by lying on your right side with your feet on top of each other and your right elbow directly under your right shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank. Make sure you elevate high enough to get your right calf off the ground. From the plank position try to lift your left leg up so that it is parallel to the floor. Hold for the prescribed amount of time and return to the ground. Repeat on other side.

Quantity:

Do _____reps _____sets on _____side(s).





Bird Dog Alternating Arm And Leg

Purpose:

This exercise helps build strength in the glutes and stability in the core at the same time.

Benefit:

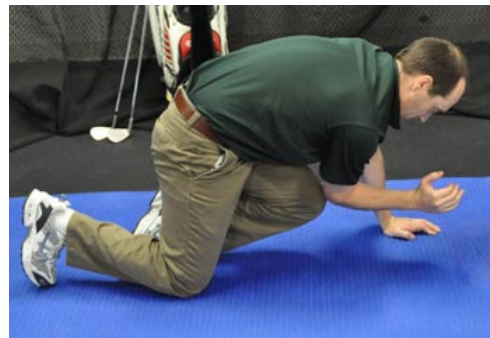
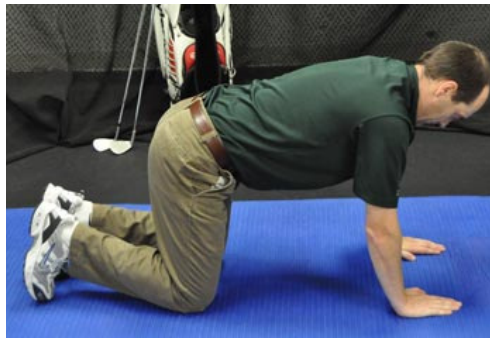
This exercise improves the stability of your spine in the golf swing.

Instructions:

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an Airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees, and extend your opposite arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.

Quantity:

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





Bird Dog Arm Raise

Purpose:

This exercise teaches you how to stabilize your core while you elevate your arms. This will also help develop flexibility in the lats.

Benefit:

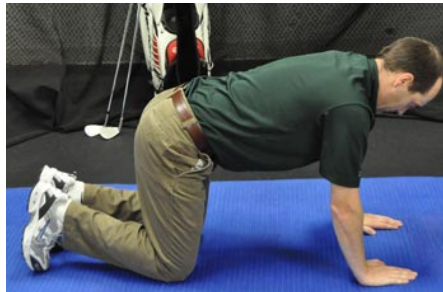
This exercise improves upper body stability in you golf swing.

Instructions:

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor. While stabilizing your spine in a neutral pelvic posture, try to extend one arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.

Quantity:

Do _____reps _____sets on _____side(s).





Bird Dog Hip Extension

Purpose:

This exercise helps build strength in the glutes and helps build stability in the core at the same time.

Benefit:

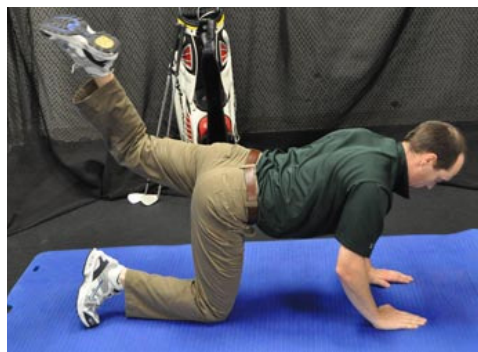
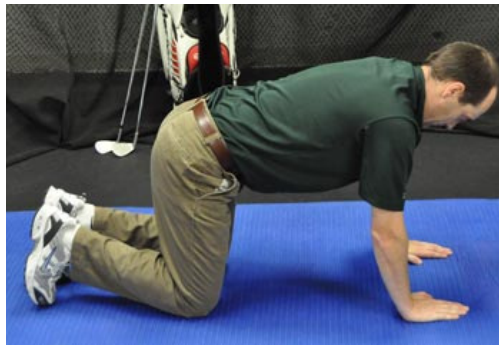
This exercise improves lower body stability in your golf swing.

Instructions:

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an Airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees. Make sure you don't increase the curvature in your lower back at the same time!

Quantity:

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





Cats And Dogs

Purpose:

Cats and Dogs is the best exercise to increase your range of motion for your spine.

Benefit:

This will allow you to get into a better set up position and help prevent spine problems in the golf swing.

Instructions:

Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.

Quantity:

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





Reach Roll And Lift Planks

Purpose:

This exercise teaches you how to stabilize your core and shoulder blades and elevate your arms at the same time.

Benefit:

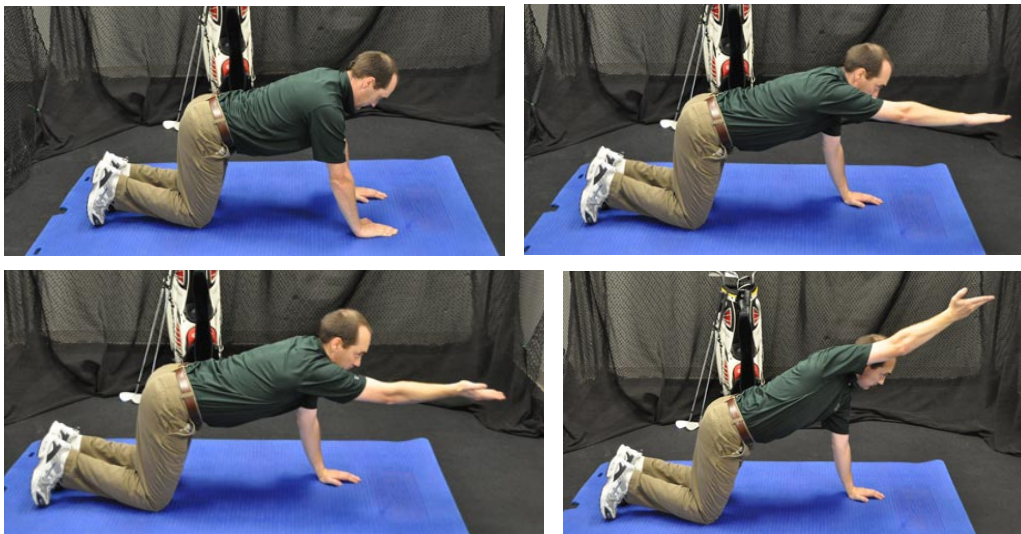
This is very important to help stabilize your posture throughout your golf swing.

Instructions:

Get onto all fours (hands and knees) and stabilize your spine in a neutral posture. Slowly rock forward into a semi-plank position and try to reach, roll, and lift your arm to the sky. During the lift, try to prevent your spine from losing its stable posture.

Quantity:

Do _____reps _____sets.





Butterfly Stretch

Purpose:

This drill will help obtain more mobility/flexibility in the hips and groin area.

Benefit:

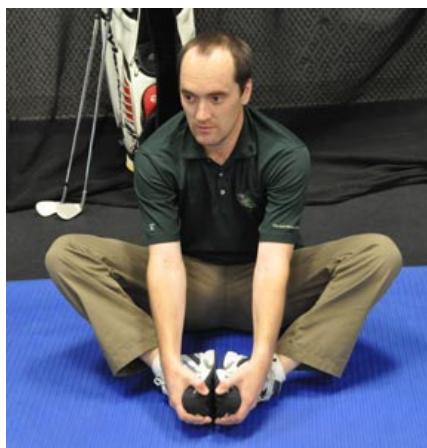
This exercise improves lower body mobility in your golf swing.

Instructions:

Begin this drill by sitting down and bringing both feet together out in front of you. Grab ankles and try to place the soles of both feet together. Allow both knees to fall gently to the floor. While doing so, bend slowly forward from the hips with an erect spine angle. This will allow for a stretch of the hips and groin. The closer your feet are to the crotch of your pants, the greater the stretch will feel. Always perform stretches in a slow and controlled manner.

Quantity:

Do _____ reps _____ sets.





Butterfly Wings

Purpose:

This exercise helps improve extension in your upper back and lengthen the lats to improve your full overhead deep squat.

Benefit:

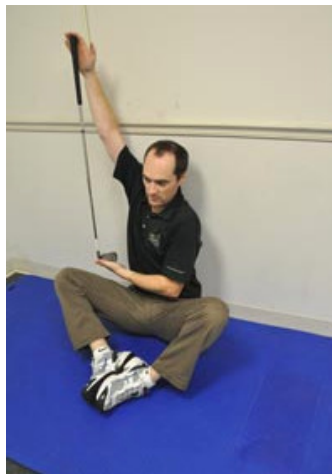
This exercise improves stability in your golf swing.

Instructions:

Sit butterfly style with feet facing each other up against a wall. Grab the head of a club with your right hand and the grip with your left. Sitting tall and against the wall, try to elevate your right hand up diagonally as far as possible, using your left hand and the club to help get your hand up high. Hold for 2 full breathes and release. Repeat on both sides.

Quantity:

Do _____ reps _____ sets.





Chest Dumbbell Flys

Purpose:

This exercise helps develop strength in the chest and stability in the core at the same time.

Benefit:

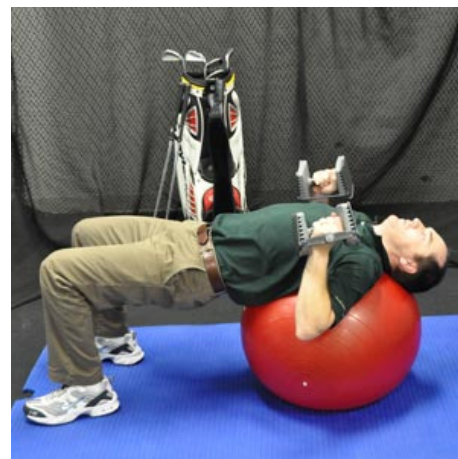
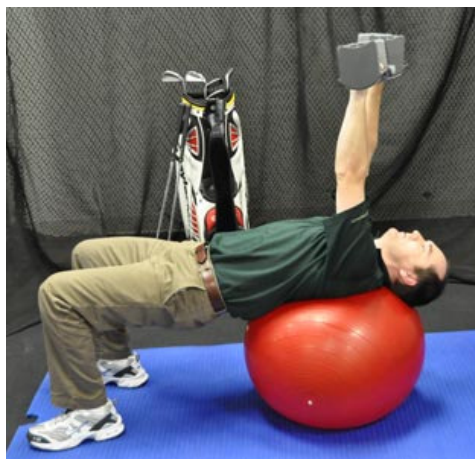
This exercise improves stability and power in your golf swing.

Instructions:

Grab two dumbbells, one for each hand, and sit on a Swiss ball. Stabilizing the dumbbells on your chest, slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise both dumbbells directly up in front of your chest but keep a slight bend in each elbow. Now, with your palms facing each other, try to perform chest flys with both arms, lowering the dumbbells to your side and returning them to the starting position. Make sure you stabilize your core as you perform the fly.

Quantity:

Do _____reps _____sets on _____side(s).





Curl Up On Swiss Ball

Purpose:

This is a great way to strengthen your abdominal muscles on a Swiss ball. Stronger abs will augment all aspects of your golf game.

Benefit:

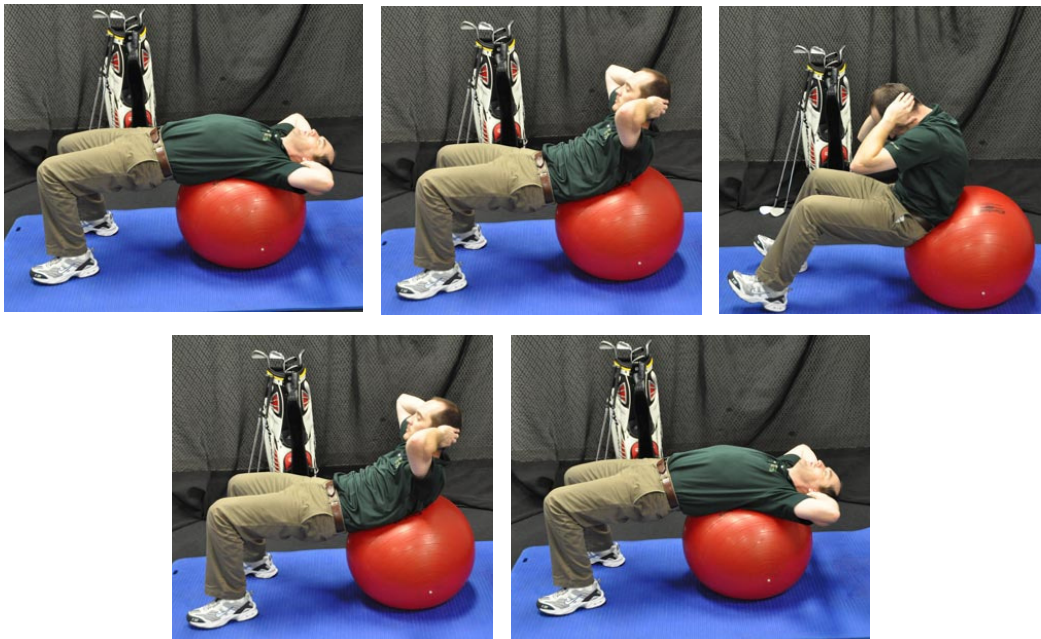
This exercise improves core stability and power in your golf swing.

Instructions:

Sit on your Swiss ball with your thighs parallel to the ground, and walk your feet out until the ball is right under the arch of your lower back. Put your hands behind your head, and then curl back and curl up forward. Perform as many of these as you can until it burns.

Quantity:

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





Hip Cross Over Stretch

Purpose:

This is a great exercise to increase the mobility in your hips, lower back, and separation between your upper and lower body.

Benefit:

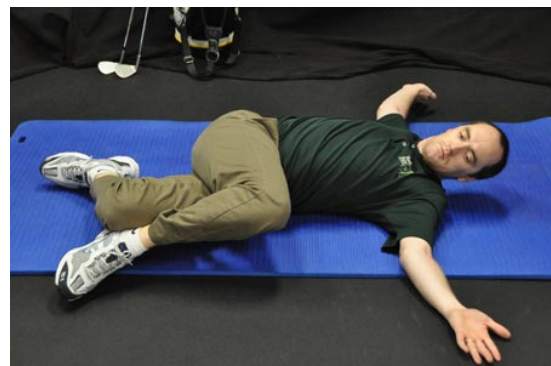
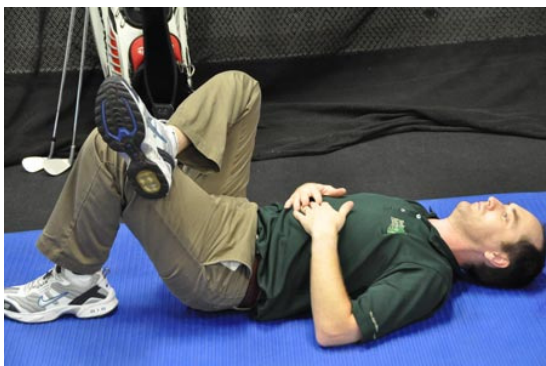
This exercise frees hip and lower spine rotation in your golf swing.

Instructions:

Begin this drill by laying flat on your back with both knees up and feet flat on the ground. Next, take your right ankle and cross it over your left knee, and allow the left knee/right ankle complex to fall slowly down to the ground on the LEFT side. While the complex is slowly lowering to the left, place left hand on the RIGHT knee and gently aid this slow lowering of the legs. Once the legs have fallen completely to the left and your left hand is pulling the right knee towards the ground, you may turn your head to the right to try and get the maximum out of the stretch. Always perform this stretch in a very slow and controlled manner, never to the point of pain. Repeat procedure on opposite side.

Quantity:

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





Hammer Chops

Purpose:

For a terrific exercise to develop power from your oblique abdominals try hammer chops. You will need a Swiss ball and hand weights. Leaning with your back upon the ball, stabilize your core, then alternate left and right sides for stronger obliques.

Benefit:

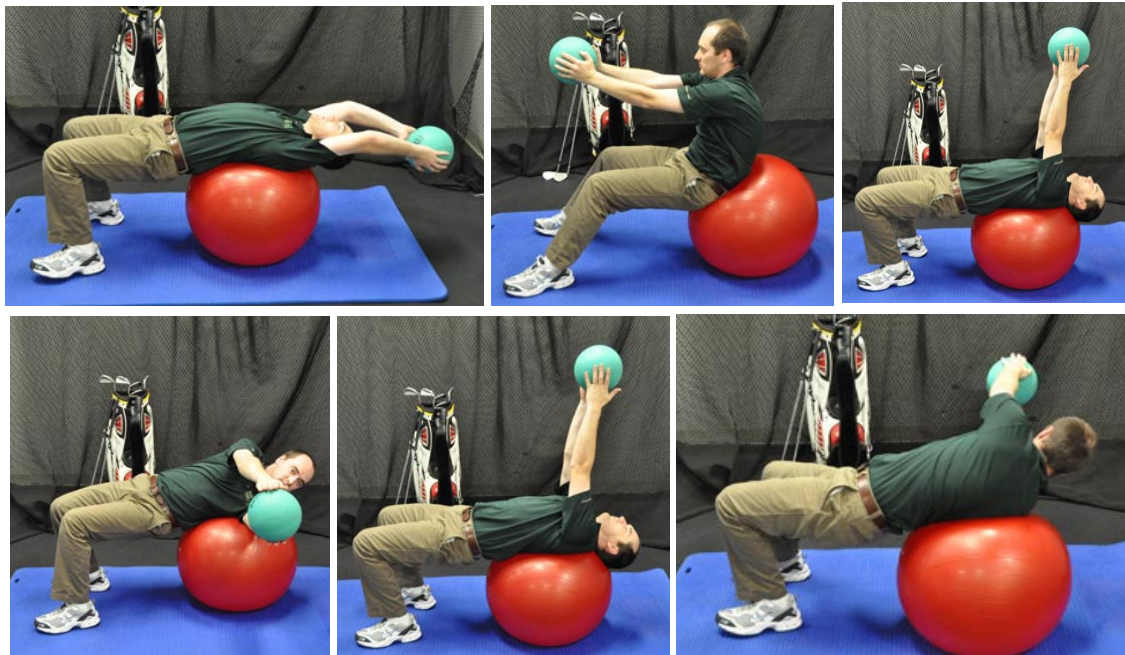
This exercise improves core and rotational power in your golf swing.

Instructions:

Grab one dumbbell and sit on a Swiss ball. Stabilizing the dumbbell on your chest, slowly walk yourself out on the ball until the ball is directly under the arch of your lower back. Lie back over the ball with the dumbbell in both hands and place it just over your right shoulder. Now sit up diagonally and chop the dumbbell across your body like your were driving in a nail just outside your left hip. Alternate left and right sides for stronger obliques.

Quantity:

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





Russian Twists

Purpose:

Russian twists will help increase your lower body stability, create more flexibility between your upper and lower body, and develop stronger oblique abdominals.

Benefit:

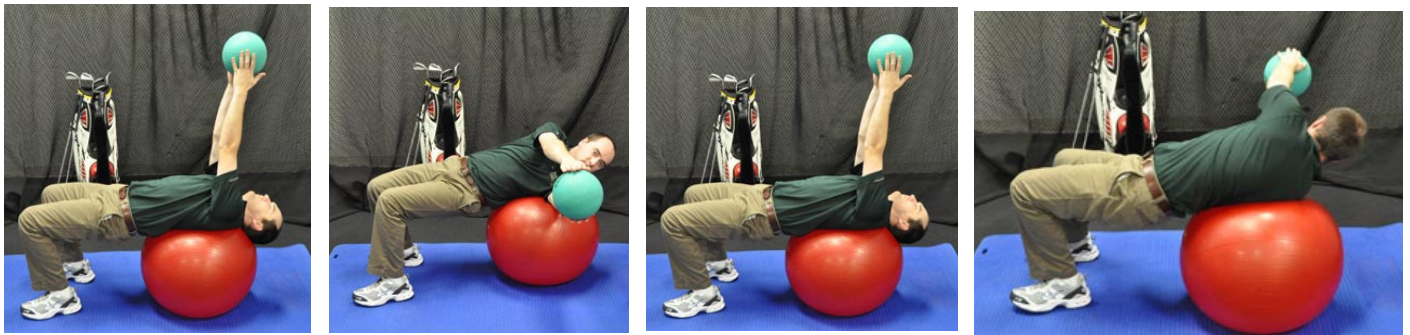
This exercise improves rotational power in your golf swing.

Instructions:

Grab one dumbbell and sit on a Swiss ball. Stabilizing the dumbbell on your chest, slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise the dumbbell directly up in front of your chest using both hands. Now, try to rotate your whole upper body keeping your arms straight, lowering the dumbbell to your side and then return yourself to the starting position. Try to rotate in the opposite direction next. Perform the recommended number of reps, alternating back and forth to each side. Make sure you stabilize your lower body as you perform each rep, since the weight is going to make it difficult to maintain balance.

Quantity:

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





Side Bounce Twist

Purpose:

This is a great exercise to help develop strength in your oblique abdominals and increase the separation between your upper and lower body.

Benefit:

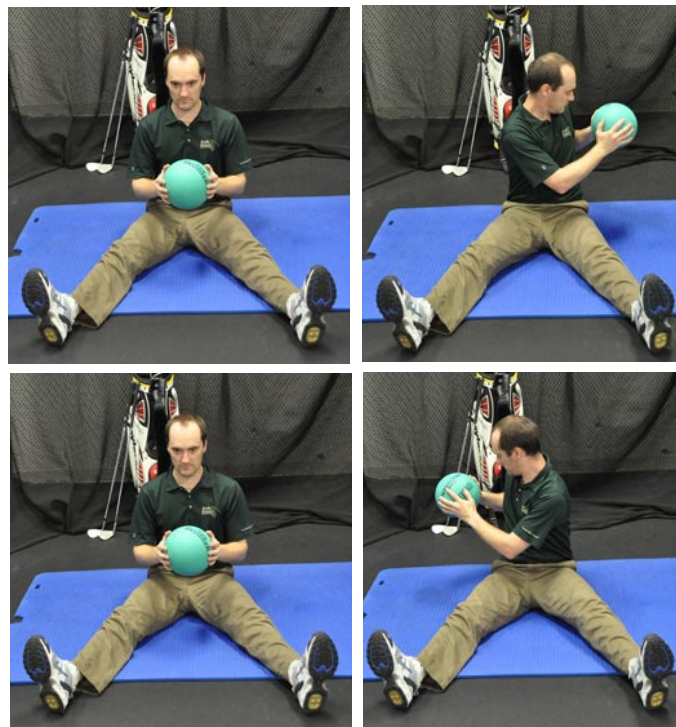
This exercise improves rotational power in your golf swing.

Instructions:

Sitting tall with your legs flared and extended, take a medicine ball and proceed to bounce the ball on each side of your body. Make sure you rotate your torso with each bounce and keep your core braced throughout the exercise.

Quantity:

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





Side Hip Lifts

Purpose:

This exercise helps develop overall core and shoulder stability. Make sure elbow is directly under shoulders.

Benefit:

This exercise reduces slides and sways and improves lateral stability in your golf swing.

Instructions:

Start by lying on your right side with your feet on top of each other and your right elbow directly under your right shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank and then return to the ground without holding. Repeat back and forth. Now, try the other side.

Quantity:

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

