



## 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).

