



## 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).

