



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).

