



## Figure 4 Walks

**Purpose:**

The Figure 4 Walks are a great exercise to open up your hip joints and increase flexibility in your hips.

**Benefit:**

This exercise improves balance and pelvic mobility in your golf swing.

**Instructions:**

Standing on your right leg grab your left ankle and try to lift your foot up to your waist. Give a little pull up and return your left foot down to the ground. Repeat on the other side.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

