



## 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.

