



Hip Lifts

Purpose:

This exercise will help build additional strength and stability in the glutes, hamstrings, and core.

Benefit:

This exercise improves stability and power in the lower body during your golf swing.

Instructions:

Start lying flat on your back with your feet up on a Swiss ball. From this position, lift your hips up off the ground pushing up with your feet. Try to contract your glutes and abs during the entire exercise. Return to the ground and repeat.

Quantity:

Do _____ reps _____ sets.

