



Pelvic Tilts Supine

Purpose:

Pelvic tilts are the best exercise to increase your range of motion for your lumbar spine.

Benefit:

This will allow you to get into a better set up position and help prevent spine problems in the golf swing.

Instructions:

Lie on your back with your knees bent and feet flat on the floor. Try to tilt your pelvis back and forth (arch your back and flatten your back), trying to limit any chest or upper body movement at the same time. Make sure when you flatten your back, you should also be drawing in or flattening your stomach (not sticking it out). Repeat this back and forth for the prescribed amount of time.

Quantity:

Do _____ reps _____ sets

