



Supine Bridge Double Bent Knee To Double Straight Knee

Purpose:

Strengthen the abdominals, lower spine, and hips

Benefit:

Improves stability and control in the trunk, pelvis, hips and legs throughout the golf swing.

Instructions:

Lay on your back on floor, bend knees with feet flat on the ball. Hold a proper bridged position while extending that knee until the ball reaches mid-calves, then bend that knee to roll the ball back to you, returning that foot flat on the ball.

Quantity:

Reps _____ sets _____

All bridging exercises may be performed with no hand support to increase level of difficulty

