



Supine Bridge On Ball Bent Knee March

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 and place heels onto the ball. Contract the abdominals to flatten the back with a pelvic tilt, tighten and lift your buttocks off the floor. While holding the bridged position, alternate lifting one foot off the ball while maintaining balance and keeping your hips level.

Quantity:

Reps _____ sets _____

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

