



Supine Bridge On Swiss Ball Bent 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 and keep knees bent, feet flat on the ball. Contract the abdominals to flatten the back with a pelvic tilt, tighten and lift your buttocks off the floor, hold 1 breath, maintain pelvic tilt and lower back to floor.

Quantity:

Reps _____ sets _____

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



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