



## T's On Ball

**Purpose:**

This exercise strengthens all the muscles between your shoulder blades

**Benefit:**

This exercise strengthens all the muscles between your shoulder blades and helps improve shoulder stability in the golf swing.

**Instructions:**

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Repeat back and forth.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

