



## Windshield Wipers

**Purpose:**

This is a great exercise to help develop overall hip range of motion, specifically hip internal rotation.

**Benefit:**

Improved lower body motion in the golf swing.

**Instructions:**

Start by lying on your back with your knees and hips bent to 90 degrees. Make fists with both hands and place them together between your knees or put a small ball between your knees. Now, without separating your hands and knees, try to move your feet as far apart as possible (like windshield wipers). Repeat this motion back and forth for the prescribed amount of time.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

