



Side Stretch Over Ball

Purpose:

This exercise helps increase the flexibility in your spine and lats.

Benefit:

This exercise improves set up alignment and rotational separation in your golf swing.

Instructions:

Lie on your side on top of a Swiss ball. Spread your feet for support and place the ball along the side of your rib cage. Lay completely across the top of the ball and reach your top arm over and across to stretch the lat. Hold for 2 breaths and return.

Quantity:

Do _____ reps _____ sets on _____ side(s).

