



## Prone Planks

### Purpose:

This exercise helps develop overall core and shoulder stability. Make sure elbows are directly under shoulders.

### Benefit:

This exercise improves power and stability in your golf swing.

### Instructions:

Lying face down on the mat, place your elbows under your shoulders and your forearms flat on the mat. Lift your body off the ground keeping your core braced and stable and support yourself with just your forearms and toes. Make sure your lower back is not sagging and your core is braced throughout the exercise.

### Quantity:

Hold for one minute and do 4 repetitions

