



3 Position Bridge

Purpose:

This is one of the best drills to learn how to fire and stabilize with the Glutes. This will target both the Glute Max and Glute Medius muscle groups.

Benefit:

This exercise improves stability of the lower body in you golf swing.

Instructions:

First begin by arching your lower back off of the mat so that a small space is present. Next, flatten your lower back onto the ground/mat and contracting your belly downward and inward.

Contract both glutes and slowly begin to raise the hips and pelvis off of the mat. While raising the hips off of the mat make sure that the belt buckle moves towards the bottom of the rib cage.

Maintain this raised position while contracting the GLUTES only, as hard as you can for approximately 10-15 seconds, and repeat 10-15 times (or to tolerance).

Quantity:

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

