



Bird Dog Alternating Arm And Leg

Purpose:

This exercise helps build strength in the glutes and stability in the core at the same time.

Benefit:

This exercise improves the stability of your spine in the golf swing.

Instructions:

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an Airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees, and extend your opposite arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.

Quantity:

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

