



Bridge With Leg Extension

Purpose:

The bridge with leg extension is a superb exercise for strengthening your gluteals, improving hip extension, and building stability in the core.

Benefit:

Improved glute strength leads to better stability in your golf swing.

Instructions:

Lying flat on your back with your knees bent and your feet flat on the ground, extend your arms out to your side. From here, lift your hips up off the ground using your glutes. Once stable, extend your right leg out straight and try to maintain a stable pelvis. Hold for up to 10 seconds and repeat on the other side.

Quantity:

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

