



Dumbbell Deep Squat

Purpose:

This will help engage your core muscles and activate the proper sequence of muscle firing to perform a full deep squat.

Benefit:

Good deep squat form reduces early hip extension and creates power and stability in your golf swing.

Instructions:

Start by getting a 10-20 pound dumbbell and a small step or plyo box. Standing in front of the box holding the free weight in both hands with your heels elevated, extend your arms out fully in front of you. Slowly begin to lower yourself into the deep squat. The weight should help you maintain your center of gravity. At the bottom of the squat carefully place the dumbbell on the step. When you feel comfortable, try to release the weight and maintain your full squat. From this full deep squat position, slowly raise yourself to the full standing position. Repeat.

Quantity:

Perform _____ reps _____ sets .

