



Figure 4 Walks

Purpose:

The Figure 4 Walks are a great exercise to open up your hip joints and increase flexibility in your hips.

Benefit:

This exercise improves balance and pelvic mobility in your golf swing.

Instructions:

Standing on your right leg grab your left ankle and try to lift your foot up to your waist. Give a little pull up and return your left foot down to the ground. Repeat on the other side.

Quantity:

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

