



## Leg Overs

### Purpose:

This exercise helps develop better separation between your lower & upper body and increases the flexibility in your hips.

### Benefit:

This exercise improves rotation and separation between you lower body and upper body in your golf swing.

### Instructions:

Lying flat on your back with your legs extended and your arms out to your side, lift one leg up as high as possible keeping your knee extended. Now, try to touch you foot to your opposite arm keeping your upper body on the ground. Repeat on the other side.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

