



Prone Hip Extension

Purpose:

Strengthen the Glutes

Benefit:

Improves stability and control in the pelvis, hips and legs throughout the golf swing.

Instructions:

Lay on your stomach on bed or bench and lightly push the shins down into the bench. Then tighten the glutes without using the hamstrings much or at all. Hold for 10 seconds.

Quantity:

Reps _____ sets _____

