



Prone Over Ball Extension

Purpose:

Strengthen upper back and shoulder blade muscles.

Benefit:

Promote reeducation of the proper spine angle throughout the full golf swing.

Instructions:

Lay on Swiss ball with stomach down and hands lightly clasped behind head. Raise elbows up and squeeze shoulder blades together, lifting from mid-back. Hold at top 2-3 seconds and relax back down. Be careful to avoid overarching low back when lifting up. To increase intensity and resistance move further out over the ball with the knees off the floor.

Quantity:

Reps _____ sets _____

