



Prone To Supine Rolling (Lower Body)

Purpose:

This developmental exercise improves muscle activation and contraction sequences of the lower torso.

Benefit:

This exercise improves rotational stability of your golf swing.

Instructions:

Lie on your stomach with your legs extended and your shoulders fully extended over your head on the ground. Now try to roll your body to the face up position starting with your right leg only. Try to not use your upper body. Repeat on the other leg.

Quantity:

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

