



RNT Single Leg Bridge

Purpose:

Promote hip and pelvic stability and abdominal control.

Benefit:

Improved stability of the lower body in the golf swing.

Instructions:

The handles are placed at the point of attachment that is directly above you. The middle of the tubing is placed around the outside of knee (pulling your knee in) while lying perpendicular to the attachment. Bring other knee up to your chest and hold it with your hands. Bend the other knee and place foot on the floor. Tighten your stomach and lift your hips up off the floor with weight being on your foot and your shoulders. Then slowly lower your hips down to the floor. For more resistance, slide further away from the point of attachment. Also, for added difficulty, do not use hands to hold bent leg up. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

