



Single Leg Bridge With Core Activation

Purpose:

Improves activity of the glutes and abdominals leading to more strength and control.

Benefit:

Improves a golfer's ability to maintain spine posture and generate power throughout the golf swing.

Instructions:

The middle of the tubing is placed at the point of attachment that is directly above you. Put your arms through the nylon loops and grab the handles. Bring one knee up to your chest and actively hold it. Bend the other knee and place foot on the floor. Tighten your stomach and pull down with arms straight. Then lift your hips up off the floor with weight being on your foot and your shoulders. Lift your hips up so that there is a straight line from shoulders through the spine to your knee of the foot that is down. Then slowly lower your hips down to the floor. Return your hands to the start position. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

