



Supine Bridge Single Bent Knee To Single Straight Knee

Purpose:

Strengthen the abdominals, lower spine, and hips

Benefit:

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

Instructions:

Lay on your back on floor, straighten one leg with foot flat on the ball. Hold a proper bridged position while extending one knee until the ball reaches mid-calves, then bend your knees to roll the ball back to you, returning both feet flat on the ball.

Quantity:

Reps _____ sets _____

All bridging exercises may be performed with no hand support to increase level of difficulty

