



Scorpions

Purpose:

This is a creative exercise to help lengthen the hip flexors and add mobility to the hips and spine.

Benefit:

This exercise improves pelvic mobility and rotational movement patterns in your golf swing.

Instructions:

Lie face down with your arms out to your sides and your legs extended. Keeping your arms in contact with the ground, try to lift your right foot up and touch your left hand. Bring your foot back and repeat on the other side. Only go as far as comfortable and stop if there is any pain.

Quantity:

Do _____ reps _____ sets.

