



Supine Bridge

Purpose:

This exercise helps develop stronger glutes and stability in the lower body.

Benefit:

Improved glute strength leads to better stability in your golf swing.

Instructions:

Lie down with a Swiss ball under your feet. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

Quantity:

Do _____ reps _____ sets.

