



## Supine Bridge No Arms

### Purpose:

This is an advanced lower body and core stability exercise designed to target the glutes.

### Benefit:

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

### Instructions:

Lie down with a Swiss ball under your feet and your arms crossed over your chest. 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.

