



## Supine Bridge One Leg

### Purpose:

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

### Benefit:

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

### Instructions:

Start by lying on your back with your feet up on a Swiss ball and your arms crossed over your chest. Try to lift your hips up off the ground and stabilize your balance. Once stable, try to elevate one leg and balance yourself for the prescribed amount of time. Repeat on the other side.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

