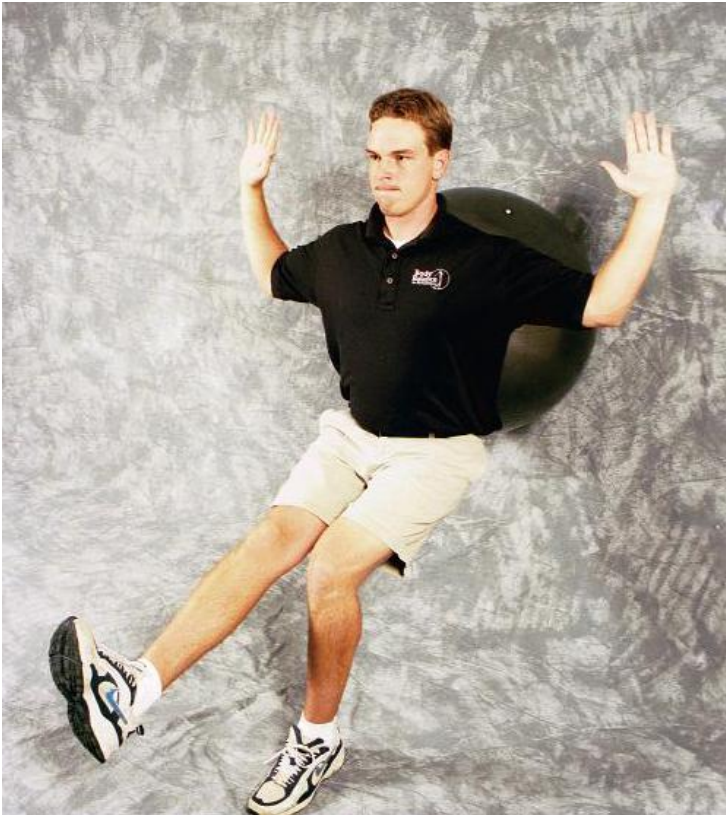


## SINGLE LEG SQUAT AGAINST BALL



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Purpose: Strengthens lower extremities.

Benefit: Stabilizes lower extremities in the golf swing.

Instruction:

- Position the ball up against the wall so that it is sitting in your mid lower back region.
- Lift one leg straight out, the other leg should be positioned in the center of your stance.
- Move your standing foot out a little bit forward so that your body is leaning on the ball. This will allow your lower body the ability to squat at a 90 angle, which takes the pressure off the knee.
- Put most of your body weight into your heels as you lower down & then push up off that heel as you straighten back up. You should feel the buttocks and the thighs working in this exercise.

Quantity: Hold \_\_\_\_ breaths \_\_\_\_ reps.

