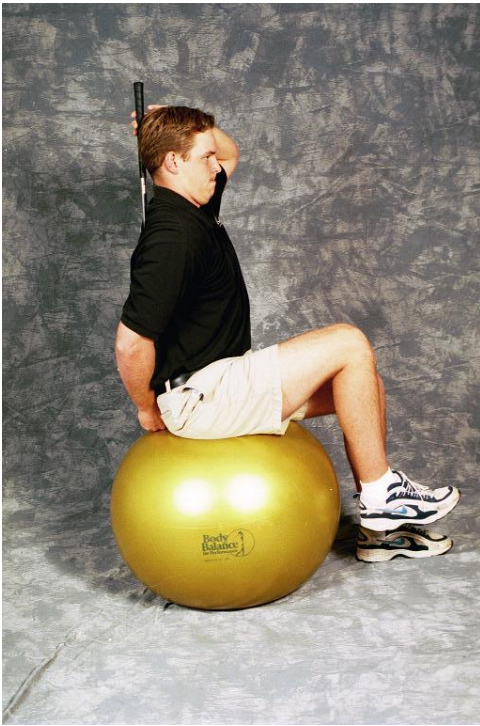


SEATED BALANCE ON SWISS BALL



52

Purpose: Improve pelvic and independent hip control while maintaining proper posture and balance.

Benefit: Helps the proper weight transfer and balance throughout the swing.

Instruction:

- Use club behind spine for posture control.
- Slowly raise foot, keeping leg in line with hips.
- Hold at top 2-3 seconds and relax back down.
- Make sure weight has transferred before lifting alternate leg.

Quantity: Reps per leg _____ sets _____