



Front Step Up With Kick

Purpose:

This exercise improves power and strength in the lower body.

Benefit:

This is a great exercise to produce power and drive in your lower body during your golf swing.

Instructions:

Standing in front of a step, place your left leg up on the step. Step up and try to kick something chest high behind the step. Return to the starting position and repeat on both sides.

Quantity:

Do _____ reps _____ sets on _____ side(s).

