



Hip Bias Exercises Double Limb Support

Purpose:

Improve strength of the gluteus maximus and gluteus medius

Benefit:

Improved stability, strength and power with less lateral motion of the lower body in golf.

Instructions:

GLUTE SQUAT: Stand with your feet shoulder width apart with tubing or band around knees. Squat as pictured and hold for one minute. Repeat _____ times and then repeat _____ times on the left side. Feel this evenly in the glutes and quads.

SURFER SQUAT: Get into squat position with feet wider than Glute Squat and left foot pointed out with body turned as pictured. Hold for one minute. Repeat _____ times and then repeat _____ times on the left side.



Glute Squat



Surfer Squat