



Hip Bias Exercises Single 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:

WALL PUSHES: Stand with hip and knee bent up to 90 degrees with knee and shoulder against the wall as pictured. Push the up knee into the wall and hold for one minute. Repeat _____ times and then repeat _____ times on the left side.

ONE LEG FIRE HYDRANT: Put band around knees. Get into a standing fire hydrant position as pictured. Hold for one minute. Repeat _____ times and then repeat _____ times on the left side.



WALL PUSH



ONE LEG FIRE HYDRANT