



4 Point Opposite Arm Leg

Purpose:

Strengthens abdominals and key stabilizer muscle groups such as shoulder and hips.

Benefit:

Stabilizes hips and torso in the golf swing.

Instructions:

Place your wrists directly below your shoulders and your knees directly under your hips. Draw your navel towards your spine (perform a pelvic tilt). Raise one arm to a point of 45 degrees off the midline of the body and hold it in the same horizontal plane as your torso. Elevate the leg opposite the arm you have raised (left arm/right leg & vice versa). Advance when ready to perform over ball.

Quantity:

Hold for 10 seconds on each side. Do 10 reps each side

