



Lateral Bounding

Purpose:

This is a beginning level plyometric exercise to help develop speed and power in your legs.

Benefit:

This exercise improves speed and power in your golf swing.

Instructions:

Start by standing on your right leg and jump to your side landing on your left leg. Jump back and forth maintaining a good golf posture throughout the exercise. Only one foot should be on the ground at any time.

Quantity:

Perform 10 reps on each side, and do two sets

