



Front Leg Swings

Purpose:

This exercise improves balance and stability in the lower body and spine

Benefit:

This creates improved coordination and control in the lower body in the golf swing.

Instructions:

From a standing position use a club for support and swing your leg up and down several times to increase the range of motion in your hip joint. Then repeat on the opposite side.

Quantity:

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

