



## Steamboats

### Purpose:

This exercise aims at improving your overall balance by targeting the entire lower body as a whole. In order to stay balanced you will need to utilize muscles from the hips to the bottom of the foot in conjunction with one another.

### Benefit:

This exercise improves stability, balance and consistency in your golf swing.

### Instructions:

Begin this drill by standing with feet roughly 6 inches apart and an Xering around both ankles. With a straight leg, begin by kicking your right foot straight forward for approximately 15-30 seconds, without touching the right foot to the ground. Next kick across the center of your body with a straight leg approximately 12 inches for 15-30 seconds. Third, kick straight backwards approximately 12 inches without bending the knee for 15-30 seconds, and finally kick directly out to the side approximately 12 inches and maintain for 15-30 seconds. All kicks should be performed in a slow controlled manner.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

