



Side Jumps

Purpose:

This exercise develops explosive power in the legs.

Benefit:

This is great for developing lateral drive in your swing.

Instructions:

Place a golf club on the ground and get into a golf posture next to the club. Keeping your feet shoulder width apart, try to jump to the other side of the club. Immediately jump back to the other side and repeat back and forth. For more difficulty, use a hurdle instead of a golf club.

Quantity:

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

