



Address Posture With Club Behind: Lunge

Purpose:

Anterior - Strengthens hips, muscles, thighs and hamstrings.

Lateral - Strengthen lateral hip muscles, thighs, and legs.

Benefit:

Anterior - Improves independent hip motion, pelvic control, balance and spine angle throughout the swing.

Lateral - Improves weight transfer and stable leg control during backswing/follow-through.

Instructions:

A: Anterior - Use club behind spine for posture control. Place one foot 3-4 feet in front of the other foot. Lower down keeping leg in line with hips and upper body straight up. Hold at bottom 2-3 seconds and then relax back up.



B: Lateral - Use club behind spine for posture control. Take wider stance than normal, keeping toes straight ahead. Lower down one leg, keep legs in line with hips, and keep upper body straight up. Other knee remains straight throughout exercise. Hold bent knee position 2-3 seconds and then relax back up.



Quantity:

Reps _____ sets _____