



Advanced Push-Ups

Purpose:

Advanced push-ups is an ideal exercise for increasing pectoral strength and overall power in the upper body.

Benefit:

Improved power and strength create improved distance in your golf shots.

Instructions:

Start by getting into a push up position lying on top of a Swiss Ball with both hands on a Swiss Ball. Spread your feet apart for better stability and try to perform a push-up. Make sure you do the push-up slowly and don't bounce yourself off the ball for momentum.

Quantity:

Do _____ reps _____ sets.

