



## Ball Waves

**Purpose:**

To improve strength in the oblique muscles and stability in the upper body.

**Benefit:**

Better functional strength in the core which will result in more stability through the golf swing.

**Instructions:**

Begin by lying in a supine position with a swiss ball between your feet. Pick the ball up with your feet so that the ball is directly above the hips while the legs are straight. Keeping the legs straight, lower the ball to the right side until the left shoulder feels like it has to come off the ground. At this point, use the oblique muscles to raise the legs back to the top. Repeat to the left side until the right shoulder feels like it is going to come off the ground.

**Quantity:**

\_\_\_\_\_ side \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ x/day.

