



Chest Dumbbell Flys

Purpose:

This exercise helps develop strength in the chest and stability in the core at the same time.

Benefit:

This exercise improves stability and power in your golf swing.

Instructions:

Grab two dumbbells, one for each hand, and sit on a Swiss ball. Stabilizing the dumbbells on your chest, slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise both dumbbells directly up in front of your chest but keep a slight bend in each elbow. Now, with your palms facing each other, try to perform chest flys with both arms, lowering the dumbbells to your side and returning them to the starting position. Make sure you stabilize your core as you perform the fly.

Quantity:

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

