



Curl Up

Purpose:

A curl up is the foundation for developing strong abs. This exercise strengthens abdominals.

Benefit:

A strong solid core will help maintain posture, get more energy to the trunk and add valuable yardage when playing golf.

Instructions:

Lying flat on your back with your knees bent and your arms behind your head or placed under your lower back, get into a neutral pelvic posture and brace your abs. From here, slowly curl up each vertebrae, starting from your neck, one at a time until you feel your shoulder blades coming off the ground. Slowly lower yourself and repeat.

Quantity:

Do _____ reps _____ sets.

