



Curl Up On Swiss Ball

Purpose:

This is a great way to strengthen your abdominal muscles on a Swiss ball. Stronger abs will augment all aspects of your golf game.

Benefit:

This exercise improves core stability and power in your golf swing.

Instructions:

Sit on your Swiss ball with your thighs parallel to the ground, and walk your feet out until the ball is right under the arch of your lower back. Put your hands behind your head, and then curl back and curl up forward. Perform as many of these as you can until it burns.

Quantity:

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

