



Jack Knife Sit-ups

Purpose:

Performing jackknife sit-ups will help to facilitate a powerful abdominal core.

Benefit:

Strengthening abdominals leads to increased yardage in your golf swing.

Instructions:

Lying flat on your back, elevate your legs straight up and cross your feet at the ankles. Holding a medicine ball or body bar directly vertical above your chest, start to perform a jackknife sit-up. Curl your chin to your chest and keep curling up each vertebrae one at a time, trying to raise the bar or ball towards your feet. Once you can't go any further, return to the starting position. Repeat!

Quantity:

Do _____ reps _____ sets.

