



Lateral Bounding

Purpose:

This is a beginning level plyometric exercise to help develop speed and power in your legs.

Benefit:

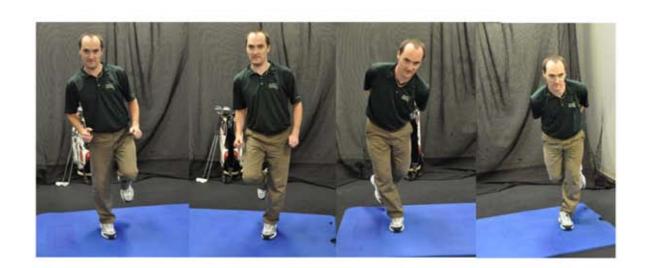
This exercise improves speed and power in your golf swing.

Instructions:

Start by standing on your right leg and jump to your side landing on your left leg. Jump back and forth maintaining a good golf posture throughout the exercise. Only one foot should be on the ground at anytime.

0			000
V	uan	tit	y :

Do	reps	sets on	side(s).
20	1000	3003 011	Siere (S)



www.fitgolf.com