



Lunge With Trunk Rotation

Purpose:

Anterior: Strengthens hips, muscles, thighs and hamstrings.

Lateral: Strengthen lateral hip muscles, thighs, and legs.

Benefit:

Anterior: Improves independent hip motion, pelvic control, balance and spine angle throughout the swing.

Lateral: Improves weight transfer and stable leg control during backswing/follow-through.

Instructions:

From proper primary tilt position, place golf club across shoulders, take a wider than normal stance. Shift upper body laterally to one side, keeping feet, leg straight ahead, while bending knee down. Make sure inside of bent knee doesn't go past inside of feet. Hold at bottom of position and rotate upper body towards bent side keeping hand straight. Make sure to maintain spine angle and proper feet, knee, hip alignment. Rotate and lift back to original position and repeat.

Quantity:

Reps _____ sets _____

