



Prone Walkout

Purpose:

This is a challenging exercise that develops strength in the upper body and stability in the core. If you have any pains in the wrist eliminate this exercise.

Benefit:

This exercise improves power and stability in your golf swing.

Instructions:

Walkout facedown on a Swiss ball, while stabilizing your core (no excessive arch in your lower back). Walkout as far as comfortable, pause, and then roll back to your starting position. Key to the prone walkout is to keep your back flat during this exercise.

Quantity:

Do _____ reps _____ sets

