



Push Ups On Ball

Purpose:

This is a fantastic way to develop stronger pectorals/chest muscles and core stability.

Benefit:

This exercise improves power and stability in your golf swing.

Instructions:

Start by rolling out face down on a Swiss ball, until the ball is under your thighs. Keeping your core stable, with a neutral pelvic posture, start to perform push-ups. To make this harder, try walking out farther on the ball.

Quantity:

Do _____ reps _____ sets

