



## Resisted Single Leg Bridge

### Purpose:

Improves activity of the glutes and abdominals leading to more strength and control.

### Benefit:

Improves a golfer's ability to maintain spine posture and generate power throughout the golf swing.

### Instructions:

Place the handle straps around your hand leaving your thumb out. Place the middle of the tubing on your foot with the leg extended straight above your hips. First, extend arms to the floor out by your side and keep the leg up straight. Then raise your hips up off the floor and then return to start position. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side \_\_\_\_\_ sets \_\_\_\_\_ reps \_\_\_\_\_ x/day

