



## Side Hip Lifts

### Purpose:

This exercise helps develop overall core and shoulder stability. Make sure elbow is directly under shoulders.

### Benefit:

This exercise reduces slides and sways and improves lateral stability in your golf swing.

### Instructions:

Start by lying on your right side with your feet on top of each other and your right elbow directly under your right shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank and then return to the ground without holding. Repeat back and forth. Now, try the other side.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

