



Side Leg Lifts

Purpose:

To create stronger gluteus medius muscles try doing side leg lifts.

Benefit:

This exercise will improve your lateral stability in the golf swing.

Instructions:

Lie on your right side with your left leg straight and your right leg bent for support. Now, keeping your left leg straight and your foot parallel to the ground, raise your left leg straight up in the air. Try to prevent any forward drift of the left leg or posterior drift of the pelvis. Go back and forth as prescribed. Repeat on the other side. **Remember to keep your foot parallel to the ground throughout the exercise for good form**

Quantity:

Do _____ reps _____ sets on _____ side(s).

