



Side Planks

Purpose:

This is a great exercise to build trunk and core stability. It really targets the glute medius and the love handle area.

Benefit:

This exercise improves power and stability in your golf swing.

Instructions:

Start by lying on your left side with your feet on top of each other and your left elbow directly under your left shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank. Make sure you elevate high enough to get your calves off the ground. Hold for the prescribed amount of time and return to the ground. Repeat on other side.

Quantity:

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

