



Sitting Forearm Strength

Purpose:

Strengthen the muscles of the wrist and forearm.

Benefit:

Increase power in forearms at impact position.

Instructions:

Holding the putter (or any club) at or near the end of the handle with _____ hand, bend that elbow to 90 degrees and keep the upper arm next to the side of the body. Turn the forearm down and then back up by rotating the putter inward and then outward as far as comfortable. The exercise may also be performed using a hammer, dumbbell, or anything with an extended handle to grip comfortably that offers some resistance.

Quantity:

Reps _____ sets _____ arm(s) _____

