



Straight Leg Raises

Purpose:

To improve abdominal strength and to correctly activate and maintain use of the core muscles while performing functional movement.

Benefit:

To develop strength in the abdominals which will help improve core functionality in the performance of the golf swing.

Instructions:

Begin by lying in a supine position with a light ball squeezed between your feet. The first movement is to tilt the pelvis and flatten the back onto the mat. Maintain downward pressure on the mat for the duration of the exercise. Slowly raise the feet 4-6 inches off the mat and hold.

Quantity:

_____ side _____ sets _____ reps _____ x/day.

