



V-sit Twists

Purpose:

To improve strength in the abdominals and develop better core stability.

Benefit:

Better functional strength in the core which will result in more stability through the golf swing.

Instructions:

Begin a seated position on a mat with straight legs and a weighted ball (2-4kg). Raise your straight legs off the mat and hold the medicine ball in front of your chest. Without moving your legs (up, down, or side to side) rotate the ball and chest to the left side as far as you can go and bounce the ball once off the ground. Come back to the center and repeat the process going to the right side.

Quantity:

_____ side _____ sets _____ reps _____ x/day.

