



Wall Squat

Purpose:

This is a terrific way to develop stronger glutes and quads.

Benefit:

This exercise promotes improved stability and power in the golf swing.

Instructions:

Place a Swiss ball between a wall and the small of your back. Walk your feet out slightly forward of your knees and roll down until your thighs are parallel to the ground. Return to the starting position and repeat. Make sure your knees track over your ankles and your knees stay centered over your feet.

Quantity:

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

