



Hip Bias Exercises Double Limb Dynamics—2

Purpose:

Improve strength of the gluteus maximus and gluteus medius

Benefit:

Improved stability, strength and power with less lateral motion of the lower body in golf.

Instructions:

Forward Lunge: Using 2 - 20 pound dumbbells, lunge forward so that your forward shin stays relatively vertical and your back knee is nearly on the ground. Pay attention to the spine tilt as well. Repeat _____ times and then repeat _____ times on the left side.



Forward Lunge