



Hip Bias Exercises Double Limb Dynamics

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:

Dead Lift: Using a kettle bell or dumbbell deadlift with a blue band around your knees. 10 reps 2 sets 20-30 pounds. Pay careful attention to back and shin angles as pictured. Repeat _____ times and then repeat _____ times on the left side.

Lateral Walks: Put band around knees. Get into squat position. Step laterally to a wide position. Then step with the other leg. Repeat _____ times and then repeat _____ times on the left side.



Dead Lift



Lateral Walks