



Balance On A Beam

Purpose:

Improve balance.

Benefit:

Improve coordination/proprioception to integrate into proper golf swing.

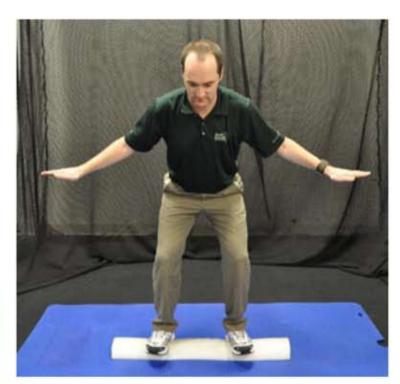
Instructions:

Stand on balance beam, perform eyes open, with arm motions, eyes closed. After achieving goals, advance to walking on the beam.

Quantity:

Reps _____ sets ____





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