



IYTW Swiss Ball

Purpose:

This exercise helps develop scapular stability and strength in the muscles between your shoulder blades.

Benefit:

This exercise improves the strength and stability of the upper body and spine in your golf swing.

Instructions:

Lie face down on a Swiss ball with your feet spread apart and the ball placed under your chest. Let your arms hang down and before you begin each move make sure you squeeze your shoulder blades together for better form. Start by trying to bring both of your arms (elbows locked) straight out to your sides, forming the letter "T" with your body. Then bring both arms (elbows locked) up above your shoulders, forming the letter "Y" with your body. Next, bring both arm (elbows locked) back and down by your sides, forming the letter "I" with your body. Finally, with your elbows slightly bent, your arms out in front of your body, and your thumbs pointing up, raise your arms to the sky forming the letter "W" with your body. Repeat each position for the prescribed number of sets and reps. Remember, start each motion by squeezing your shoulder blades together.

Quantity:

Do _____ reps _____ sets.

