



L's On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder blades

Benefit:

This exercise improves shoulder stability in the golf swing.

Instructions:

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout the movement. Repeat.

Quantity:

Do _____ reps _____ sets.

