



Seated Balance On Swiss Ball

Purpose:

Improve pelvic and independent hip control while maintaining proper posture and balance.

Benefit:

Helps the proper weight transfer and balance throughout the swing.

Instructions:

Use club behind spine for posture control. Slowly raise foot, keeping leg in line with hips. Hold at top 2-3 seconds and relax back down. Make sure weight has transferred before lifting alternate leg.

Quantity:

Reps per leg _____ sets _____

