



Seated Balance On Swiss Ball With Leg Extensions



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. After mastering with eyes closed, straighten knee and raising off floor. When mastered, attempt exercise with eyes closed.

Quantity:

Reps per leg _____ sets _____

