

Notes :

1 Strengthening Abdominal



Sets: 2 Reps: 10 Freq: daily

Lie on your back with your hips at 90 degrees, legs open and ankles crossed (frog position). Place hands together between legs and crunch up by activating your abdominals keeping your chin-in. Return and repeat.

2 Back extension w/ arm/leg lift



Reps: 6 Freq: 1 x per week Hold: 10"

Lie on your stomach with your hands by your sides. Place your arms by your ears. Tuck your chin in, and lift your head and shoulders, as well as both arms and legs up off the bed. Lower your head, shoulders, arms and legs back down to the bed.

3 Stabilization side plank



Reps: 6 Freq: daily Hold: 10"

Lie on your side with your legs straight and in line with your body. With your upper body supported on your elbow, make sure the elbow is directly under the shoulder. Lift your pelvis, creating a straight line with your body. Stabilize and then lift the top leg and arm upwards, keeping your body straight. Maintain the position and repeat.

4 Windmills - Stable posture (golf drill)



Reps: 10 Freq: daily

Stand tall with your feet shoulder width apart and your arms out to your sides. Begin to rotate your arms and trunk back and forth. Keep your arms elevated and allow your whole body to rotate. After a short warm up, try to stabilize your lower body and bend from the waist-like a good golf posture. Continue to rotate your upper body around your lower body like a windmill. To progress, begin to incorporate hip motion movements to simulate the full weight shift used in a golf swing.

Notes :



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Sets: 2 Reps: 10 Freq: daily

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2 Back extension w/ arm/leg lift

Reps: 6 Freq: 1 x per week Hold: 10"

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3 Stabilization side plank

Reps: 6 Freq: daily Hold: 10"

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4 Windmills - Stable posture (golf drill)

Reps: 10 Freq: daily

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