

# Fitter for Golf



Your guide to a stronger golfing body

# Balance & Coordination: *1 Legged Forward Dive*



Stand with your feet close together in a slight split stance, elevate your rear heel, chest high, hands out in front of you. Maintain neutral spine, lean forward and allow rear foot to lift away from the floor, keeping your back leg in line with your spine and a slight bend in the supporting leg.

# Balance & Coordination: *Leg Raise with Kick*



Stand with your feet hips width apart, hands out in front of your at shoulder height. Raise 1 leg until its parallel with your hip, flexed at the knee. Extend your leg at the knee, return to the start position and repeat.

# Balance & Coordination: *Superman*



In a press-up position raise 1 arm out in front of you so that the hand is at shoulder height; simultaneously lift opposite leg so that foot is roughly 5cm off the floor. Maintain a neutral spine throughout the movement, ensuring your hips do not tilt. Return to the start position and repeat on opposite side.

# Balance & Coordination: *Bicycle Crunch*



Lying on your back, hands on your ears rotate your torso to the left, bringing the left knee towards your right elbow, the opposite leg should be fully extended with your foot just above hip height.

# Balance & Coordination: *1 Legged Bridge*



Lying on your back spread your arms out to your sides with your palms facing the floor. Bring your feet towards your body until your heels are under your knees, raise your hips from the ground until the lumbar spine becomes neutral and extend 1 leg fully at the knee so that your ankle, knee and hip are aligned. Hold Position