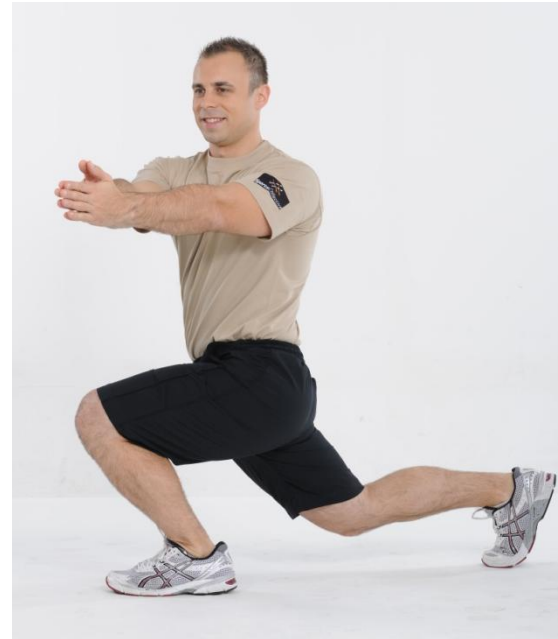


# Fitter for Golf



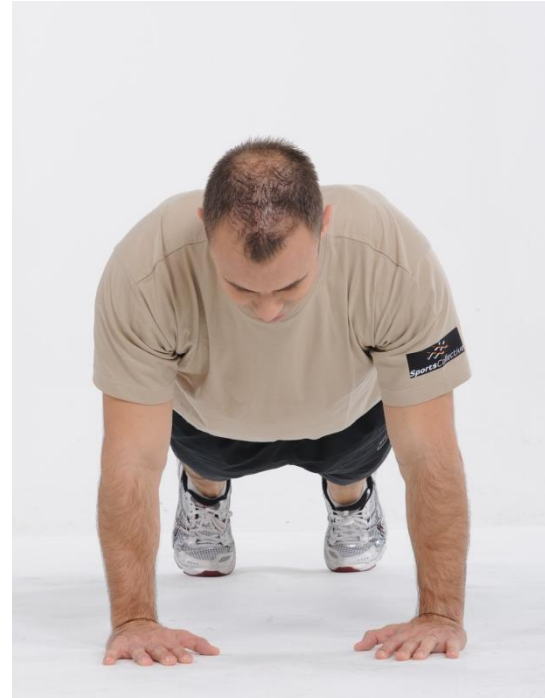
Your guide to a stronger golfing body

# Strength: Lunge with Twist



Stand with your feet hip width apart, arms in front with your hands together. Take a long step forward, front foot remains flat and the back remains on the balls of the foot. Flex front leg at hip and knee until back of thigh makes contact with calf. Rotate torso towards front leg so the arms cross over the thigh. Return to the start position and repeat on opposite side

# Strength: Compact Push up



Take the push-up position with hands underneath shoulders, feet hip width apart. Keeping a neutral spine lower your body towards the floor until the upper arm is parallel with the floor, ensuring that the elbows remain near to the body and do not flare out to the sides. Push back up to start position and repeat

# Strength: Bridged 1 Leg Raise



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

# Strength: Reverse Crunch



Lie on your back, hands out to the sides with your palms in contact with the floor. Bend your legs at the hip until thighs are at 90° to the floor. Legs should be slightly bent at the knee. Maintaining the angle at the knee, lift hips away from the floor rolling them upwards to chest. Return to start position and repeat

# Strength: Hyperextension Arms in Front



Lie on your stomach with your arms stretched out in front of you. Lift your chest and arms away from the ground, keeping the head neutral with the spine i.e. not tilted forward or backward, return to bottom position and repeat