

# Strength and Mobility for Golfers

## STRENGTHENING

⇒ Perform 3 sets of 8 to 12 repetitions for each

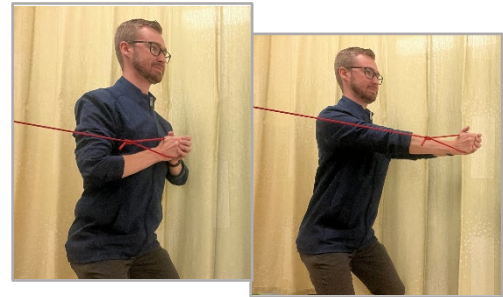
### Chops

- Start by holding a single band with both hands
- The band should be anchored up high
- Bring the band diagonally from one shoulder towards the opposite hip while rotating your trunk
- Repeat on both sides



### Antirotation Press

- Start by holding a single band with both hands
- The band should be anchored at chest level
- Standing parallel to the band, press it forward in a straight line without the hips or shoulders rotating
- Repeat on both sides



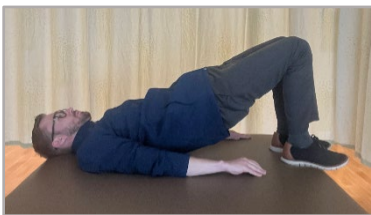
### Standing Horizontal Abduction

- Start by holding a band in each hand with your arms straight in front of you
- The band should be anchored at chest level
- Pull your hands away from each other while you bring your shoulder blades together



### Standing Bilateral External Rotation

- Start by holding a band in each hand with your arms straight in front of you
- The band should be anchored at chest level.
- With your elbows at your side, rotate your wrists away from each other while pinching your shoulder blades



### Glute Bridge

- Lay on your back with your knees bent
- Slowly lift your hips off the surface you are on

### Bird Dog

- Start on your hands and knees
- Lift one hand and the opposite knee off of the surface you are on
- Try to keep your neck and back still while your arms and legs move

