

Golf Strengthening Exercises



1. Bird Dogs

Start on all fours and lift your opposite arm/leg while keeping your trunk stable. Try not to let your body twist at all.



2. Split Squats

Place your back foot on an elevated surface and bend your front knee to lower yourself towards the ground and then return to standing. Keep your upper body vertical, letting your knee go in front of your toes.



3. Squat Jumps

Squat down and jump up into the air. When landing, return to the squat position and repeat.



4. Hip Internal and External Rotation

While on your back with your hips flexed to 90 degrees and your fists between your knees, rotate your hips to bring your feet together and then away from each other as far as you can.



5. Fire Hydrants

Start on all fours and lift your leg out to the side as high as you can without rotating your back.



MidMichigan Health
UNIVERSITY OF MICHIGAN HEALTH SYSTEM



6. **Single Leg Swings**

Stand on one leg and perform practice swings while maintaining your balance and control of your knee. Repeat on both sides.



7. **Alternating Single Leg Bridges**

Perform a bridge where you lift your butt up into the air. Kick one leg out straight and then repeat on the other leg. After you have kicked each leg out, return your butt to the ground and repeat.



8. **Cat/Camels**

Sag your stomach towards the ground and then arch your back up towards the ceiling.



For information about MidMichigan's Video Golf Swing Analysis or to schedule an appointment, call **(989) 837-9100**.

To learn about our WellSport Program, visit
www.midmichigan.org/wellsport.