

Plank



Golf Benefit

Prevents coming out of posture swing flaw by building core strength to help golfers maintain posture and spine angle thru impact.

How

Place the hands directly under the shoulders, extend the legs straight. Draw the navel inward, protecting the low back, working the core.

Flow

Hold for 5-10 breaths.

Repeat push-ups 1-10 times with good form.

Modifications

Place knees on the floor.

For more challenge, try plank push-ups. Inhale and lower slowly, elbows hugging the sides of the body. Exhale as you lift back up.