


10 MOVES TO ADD 20 YARDS TO YOUR DRIVE


1. ADDRESSING THE BALL
Band Leg Lowering/
Hip Hinge
10 REPS



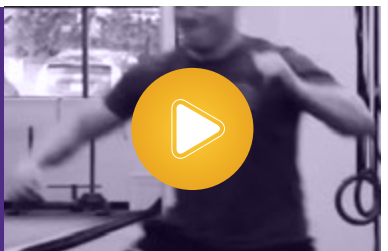
6. HIP STRENGTH
Hip Bridge Progressions
8 REPS EACH SIDE



2. BACK SWING
Side Lying Rotation
12 REPS
6 Breathes Each



7. DRIVE FORCE INTO THE GROUND
Lateral Bound
6 REPS



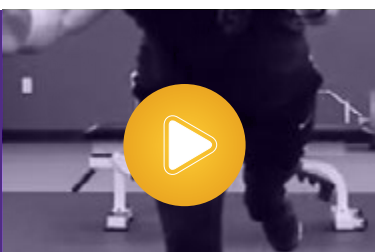
3. HIP ROTATION RANGE OF MOTION
90 / 90
Hip Stretch
15 SECS EACH SIDE



8. CORE STABILITY I
Deadbug Alternates
5 REPS EACH
X 5 SECOND HOLD



4. BALANCE
Single Leg Stance
15 SECONDS
EACH POSITION



9. CORE STABILITY II
Belly Press
3 REPS
X 10 SECOND HOLD



5. POSTURAL INTEGRITY
Band Pullapart
10 REPS



10. CORE STABILITY III
Front Plank
30 - 60 SES

