

# The 5 Most Important Exercises for Junior Golfers

- 1. Glute Bridge-** Lie down on your back, flat on the ground with your knees bent. Then squeeze your glutes and raise your hips high. This will help strengthen your glutes and hip which are important to the golf swing.

**Recommended Reps: 1 min hold**



- 2. Dead Bugs-** Lie down on your back, with your both knees bent at a 90° angle. Trying to keep your back as flat as you can on the ground, drop your opposite arm and leg. This is a good exercise to strengthen your back and core.

**Recommended Reps: 10-15 each side**



- 3. Overhead Deep Squat-** Grab the longest club in your bag or a resistance band. Squat down as low as you can with your weight in your heels, then lift your arms up straight up and over your head.

**Recommended Reps: 10 reps**



- 4. Alternating Supermans-** Get into the top of a push up position with your butt and hips as flat as you can. Then you want to raise your opposite arm and opposite leg while staying as stable as you can with a 2 second hold.

**Recommended Reps: 10 each side**



- 5. Single Leg Rotations-** Start by getting into a golf posture position. From there, you want to stand on one leg and turn the opposite direction of whichever leg is up. Try and keep your balance as best as you can on each leg.

**Recommended Reps: 10-15 each side**

