

Muscles as Movers: Golf & Tennis
(Applied Performance)



Golf & Tennis

Exercise	Why it Made the List
<p>Glute Bridge</p> 	<p>This exercise mimics the position a golfer is in when the hips move forward through the impact phase of your swing and for a tennis player serving/open stance forehand.</p>
<p>Half Kneeling Woodchop/Med Ball Throws</p> 	<p>This is an effective exercise for anti-rotation of the core and hips. Building strength in the core and hips independently creates more power in your swing. Core work will also help reduce risk of back injury.</p>
<p>Quad Rocking</p> 	<p>Looks easy, but this exercise is a big deal for golfers and tennis players. Mobilize the hips to move correctly through your swing, mobilize the spine and be able to rotation through your backhand and serve. This also will help strengthen the lower back to ease muscle stress.</p>
<p>World's Greatest Stretch</p> 	<p>Not only a great stretch for nearly every large muscle group, this exercise can help golfers and tennis players be able to turn more easily and not force rotation.</p>
<p>Mini Band Lateral Walks</p> 	<p>The resistance band activates and strengthens the hips, quads, and glutes. All the main muscles for a stable base to hold even at faster swing speeds. Try not to move up and down during the exercise.</p>
<p>Single Arm Romanian Deadlift</p> 	<p>Builds strength in the hamstrings, glutes, and low back with added single arm rotation. Golfers and tennis players must be strong in a hinge pattern while rotating.</p>