

Stability Ball Walk Outs for Junior Core Fitness

By Andrea Doddato of Shape & Sport

When your junior golfer is experiencing a growth spurt, their bones are actually growing faster than their muscles.

Special attention must be placed on stabilizing the torso through stability and flexibility of the joints and body segments to protect against injury.

A fun exercise for your junior to meet this objective is with “*Stability Ball Walk Outs.*”

This exercise requires a level surface and a stability ball (the average junior can use a 55 cm ball—65 cm is often too tall.)

Have your junior begin by kneeling on the floor with a stability ball under their torso (see figure 1.)



Next, have your junior slowly roll onto the ball while using their hands on the floor to move them forward.

Continuing “walking” with the hands (see figure 2) until the stability ball is resting under their feet while maintaining the body in one straight line.



Do not let the hips sag (see figure 3.)



Begin to slowly walk the hands backwards, moving the body in the opposite direction and back to the starting position (refer to figure 1 again.)

This bodyweight exercise works the core, hips and shoulders. Perform to perfection, three sets of five reps daily.

For more information on Andrea and Shape & Sport, visit www.shapensport.com
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