EAST LANE GOLF

Golf Fitness Basics Card

Six bodyweight moves, no gym required

Six bodyweight moves for the rotation and stability a golf swing actually needs — no gym required.

Move	Cue	Sets
1. Glute bridge	Lie on your back, knees bent, squeeze and lift your hips	2x12
2. Bird-dog	On hands and knees, extend opposite arm and leg, hold	2x8 ea
3. Side plank	Prop on one forearm, hips lifted and stacked in a line	2x20s ea
4. Single-leg balance reach	Stand on one leg, reach the other hand toward your toe	2x8 ea
5. Standing trunk rotation	Feet planted, rotate your shoulders side to side under control	2x10 ea
6. Wall angels	Back flat against a wall, slide your arms up and down like a snow angel	2x10

Twice a week is enough to feel the difference by the back nine.

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.