



BALANCE DISKS



DUAL DISK SWING

Strengthens legs, core, shoulders and improves balance. Aids in setup, takeaway and turn through the ball. Stand with one foot on each Balance Disk. Swing a golf club. Pay close attention to where your weight is at address and how it moves through the swing.

Instead of a golf club you may also use the IZZO Swing & Grip Trainer™ or Medicine Ball.



SINGLE DISK SWING

Strengthens legs, back and abdominals. Aids in setup, takeaway and turn through the ball. Stand on a single Balance Disk, feet together. Swing club, IZZO Swing & Grip Trainer™ or Medicine Ball. Pay close attention to where your weight is at address and how it moves through the swing.

*Consult with a physician before starting this, or any, exercise program.
If you feel any pain, tingling, numbness or dizziness with any of these exercises*

- STOP IMMEDIATELY and seek medical advice.



BALANCE DRILLS

Works on balance and core strength for increased stability at address. Stand with one foot on Balance Disk. Extend other leg out behind you. Hold position briefly and bring yourself back to the start position. Repeat with the other side. Repeat the process again but this time extend leg out in front. Third time through, extend leg to the side.



ASSISTED BALANCE DRILL

Works on balance and core strength for increased stability at address. Stand with left foot on Balance Disk and right foot on floor. Medicine Ball should be placed on the floor in front of you and slightly to your right. Lean forward from the waist and bring your right foot up. As you lean forward, reach your left hand across your body and place it on the Medicine Ball. Pause briefly and bring yourself back to the start position. Repeat with the other side.

HAMSTRING STRETCH

Place Balance Disk on a stool and sit on it with good posture. Extend one leg in front of you, heel on the floor, toe to ceiling. Slowly hinge from the hips, bringing your chest toward your thighs. Do not round the back. For variation, remain in the same position but place the sole of the shoe on the floor.



SIDE TO SIDE

Strengthens legs, core and improves balance, range of motion, aids in takeaway and turn through the ball. Start with your feet on Balance Disks spaced about shoulder width apart and your knees slightly bent. You should be leaning slightly forward from the waist, being careful to maintain your balance. Hold the Medicine Ball, in both hands, directly in front of you. Elbows should be slightly out from your sides in the start position. Keeping your back straight, slowly turn at the waist. Stop the twist when you feel a comfortable stretch. Pause briefly and bring yourself back to the start position. Repeat with the other side.



OBLIQUE TWISTS

Strengthens abdominal core, aids in takeaway and turn through the ball. Sit on Balance Disk, leaning back slightly and knees bent. With arms bent, hold Medicine Ball in front of chest. While looking straight ahead, contract the abdominals and slowly turn the torso and medicine ball to the side. Release and repeat on other side.



SEATED BALANCE

Works on balance and core strength for increased stability at address. Sit on the Balance Ball with neutral posture, place feet on Balance Disk. With abdominals contracted, lift one foot. Release and repeat with other side.

CRUNCH

Strengthens abdominals, aids in takeaway and turn through the ball. Arch your body over the Core Balance Ball, hands crossed in front of your chest. Place your feet on a Balance Disk. Then curl your trunk and pelvis together. Keep your bellybutton pulled in.

IZZO Golf is committed to providing products of high quality and value, and we back this commitment with a satisfaction guarantee. If you have an IZZO product that for any reason fails to give complete satisfaction, please contact us immediately.

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