



STRETCHES FOR GOLF

**7 Minutes to Longer Drives
and Precision Based Shots**



WAKE UP GOLF

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WELCOME

If you want to play good golf and you want to have some longevity in the game, then you have to maintain a 'normal' level of flexibility and mobility - especially in your hips, back and shoulders.

By using the terms flexibility and mobility, we refer to the range of motion your body is able to produce in your various joints as well as how you move them.

Some golfers have this naturally because of the way their bodies are structured. A small percentage of golfers are hyper flexible which works against them because some joints move too far and lack stability.

By far the biggest majority of golfers simply don't have enough range of motion to swing the club the way they want. These are the golfers we see every day and most likely it is YOU we are trying to help.

It's not your fault. Part of it is the way your body is built. Part is the aging process and how it changes your movement patterns over time. Part of it also relates to your gender, your connective tissue, your musculature and so on...

This book shares the stretches, methods of stretching and other important information you need to protect your body from injury, promote longevity, and improve swing quality.

SELF TESTS

Golf is an athletic sport that is physically demanding and can lead to injury. The swing motion itself puts tremendous amounts of stress on the body. These demands are greater with the less skilled player versus a professional or elite amateur.

For purposes of staying focused on flexibility and mobility, we will address the *body movement* required to complete a successful swing motion leaving *proper technique* to the PGA teaching professional.

The golf swing has evolved greatly over the past decades. In the 1920's players like Bobby Jones used a large body turn with a tendency to turn their hips and shoulders the same amount during the swing motion. This swing method, known as the *classic golf swing*, produced a flatter swing plane with a more upright and relaxed finish.

In contrast, the *modern golf swing* causes a much steeper swing plane by combining a large or maximal shoulder turn with a restricted lower body movement. This tendency creates a significant amount of coiling to occur throughout the spine. The coil can lead to a more powerful swing but also can cause excessive stress especially when not done properly.

The modern player also tends to finish with the back more arched than upright. These differences typically make the modern golf swing more stressful to the body than the classic golf swing.

Why Self Tests?

Self tests were created for the sole purpose of ‘where am I now’ in flexibility compared to “where should I be’ to be able to swing the way I want to without any restricted movement.

Many golfers don’t know where to look, what to look at or why. As a result, their games lack consistency and their swings lack fluid motion. It also creates swing faults that can be very frustrating and some never ever get resolved simply because your body has some discrepancies in movement among muscles groups.

It is very common to perform a series of flexibility tests when you start working with a pro. It gives you a starting point as well as helps you identify immediate strengths and weaknesses. We will share some of those tests with you in this book.

Before we get there, let’s take a look at the how/why you need flexibility and mobility in various stages of the golf swing.

Phases of the Swing

For golfers, the spine serves as the flexible connection between the upper and lower body. Proper function of the spine is essential to allow the coiling and uncoiling needed to properly link the swing motion and produce power.

The spine has a natural *S-shape* when we stand upright. It is this upright “*neutral*” position that needs to be maintained to minimize stress and protect the spine during the swing motion. An excessive S shape or C-shape to the spine will restrict motion, cause biomechanical swing faults and will leave the golfer at risk for injury.

How does the spine move while playing golf?

The golf swing is a dynamic movement that consists of a series of rotations and counter rotations that each lead to a significant amount of bending, twisting, sliding and compression forces.

During each golf shot the body is exposed to a full rotation away from the target followed by an immediately and intense transfer back as the golfer attempts to strike the ball.

Even worse is the speed at which this repetitive stress occurs with full swing mechanics taking between .95 and 1.25 seconds. This repetitive motion even when done with flawless technique can leave the spine at risk for injury.

The golf swing, especially the modern golf swing, puts tremendous amount of stress on the back, neck and extremities.

Spine motion occurs in three different directions:

- Forward and backward bending
- Lateral or side bending
- Right and left rotation

The following is a description of muscle activity and biomechanics during the golf swing.

This information can be used as a guideline to identify which parts of the body are most critical to a successful golf swing and should be addressed during a golf stretch program.

- 1) Address
 - 2) Back swing
 - a. Take-away
 - b. Top of the back swing
 - 3) Downswing
 - 4) Impact
 - 5) Follow-through

Address

When setting up to the ball, the upper body leans forward to bring the club head down to the ground. Ideally, the golfer should bend forward at the hips rather than at the spine.

The spine should remain upright in a naturally tall posture maintaining a slightly outward curved mid-back and slightly inward curved low back without excessive roundness in either direction.

This spine position combined with the natural relaxed position of the shoulders and arms is called the “neutral” position. By maintaining the “neutral” position throughout the golf swing, a golfer will protect their back and maximize movement potential.

The address position places stress on the body due to the forward bending of the trunk over the feet. As the balance point of the trunk shifts over the middle portion of the foot, it causes increased muscle activity of all the posterior or backside muscles located in the hips, trunk and neck.

These extensor muscles are responsible for keeping us upright and balanced. Due to the stance position at address, a slight increase in tension is also noted in the thigh muscles.

This muscle activity is in response to the anticipated movement of the arms that will occur during the next phase of the swing, the back swing.

Summary

- Arms are in a relaxed in front of the body with tension into the forearms, wrist and hands.
- Trunk and spine extensors or back muscles are stabilizing to hold the address position.
- The major lower extremity muscles are also active and functioning to stabilize. These muscles include the quadriceps or front of the thigh muscles, hip adductors or groin, the hip extensors including the hamstrings and the calves.

Backswing

a. Take-away

The takeaway, or first part of the back swing, is not particularly stressful with the shoulders and trunk ideally rotating as one stable unit. The trunk and abdominal muscles are most responsible for controlling this movement.

These muscle groups are utilized to control stress to the spine by providing stability from the top of the pelvis to the bottom of the ribs. The trunk stabilizers include the abdominal and the back muscles. These muscles tighten together to brace and protect this region of the body.

b. Top of the back swing

As the club moves to the top of the back swing a number of factors can lead to unnecessary stress. The

path of the club directly dictates the direction of stress on the spine.

In comparison, the classic swing used a relatively flat path or plane while the modern swing uses a more upright plane. A steeper or more upright plane, consistent with the modern golf swing, causes more stress because the twisting of the upper body occurs vertically while the hips and lower spine twist in a more horizontal direction.

This coiling in different directions generates power but can also cause injury.

Side bending of the trunk and spine is also stressful. The amount of side bending seen during the golf swing is directly related to the amount of sliding that occurs at the hips as the golfer moves into the back swing.

This excessive side bending motion can cause a dipping of the left shoulder and head at the top of the back swing, leading to a common biomechanical swing fault called a reverse pivot. Strong evidence exists that excessive side bending is linked to low back injury.

At the top of the back swing we typically see a difference in the amount of rotation between the shoulders and hips. For professional golfers, we often see a 45° hip turn and a 90° or greater shoulder rotation. The difference between these motions can be called the *X-factor*. An increase in the X-factor can potentially increase distance.

Summary

As we have seen the back swing is a sequence of movements that occur as the golfer rotates the trunk and lifts the club up with the upper extremities.

- The shoulder muscles are active as the club moves away from the ball. The shoulder girdle will continue to remain active, including the rotator cuff, as the golfer lifts the club.
- The hand and wrist muscles all work to control the weight of the club as the club is positioned above the head at the top of the back swing.
- The oblique abdominals and the erector spinae or spine extensors are working to rotate the trunk.
- The loading side hip internal rotators are active while the target hip external rotators are active.

Downswing

There are many different cues to initiate the downward motion of the golf swing. For some it is the hands while for others it is the hips or trunk. From an injury prevention standpoint, the body must properly link or transfer motion from one part of the body to the next.

The ideal sequence in golf is to transfer motion beginning with the lower body. The movement goes from the lower body to the torso, then the upper body. It moves to the shoulders, the hands and, finally, the club.

This will assure that maximal speed occurs at ball impact. It is essential for the abdominal groups to be active during this process to assure a stable posture. Remember, if the spine is out of its “neutral” position it is vulnerable.

Summary

The transition at the top of back swing occurs when the direction of swing changes from right to left. This begins the uncoiling phase of the golf swing. *This phase is most stressful to the body if combined with poor technique.*

- The highest forces of side bending, shear and rotation all occur during this phase.
- The golfer must properly link the motion during this phase of the golf swing to allow an efficient transfer of energy from one segment of the body to the next. Proper timing or linking of this motion will maximize club head speed.

Impact

The majority of golf related injuries occur at impact. This is due to the maximum velocity the body reaches as the club makes contact with the ball. With the hips turning and sliding so quickly, the spine becomes vulnerable to injury.

Summary

- Both the head and neck are bending and moving forward and to the right

- Back produces rotational movement and side bending as it moves toward the target
- Hips open to the target after the impact and into the follow through

The greatest muscle activity and tension is produced as the club is brought back to the ball.

- The shoulder girdle, including the rotator cuff is active. Other active muscles including the serratus anterior that connects the shoulder blade to the rib cage and the pectoral or chest muscles that actively accelerating the arms.
- The mid-back muscles including the lower trapezius act to stabilize the shoulder blade.
- The trunk muscles including the abdominal groups and the erector spinae or spine extensors are active.
- The hip muscles that are most active include the hip rotators, hip adductors and hip abductors. Hip rotators weakness is common in golf. If the hip adductors and abductors are dominate during this phase, the golfer may lack leg stability and a sliding motion can occur.
- All leg muscles are active as weight is transferred towards the target.

Follow-through

The follow-through or finish involves a full rotation of the body towards the target.

Provided that this rotation occurs with the spine in a straight position, the finish produces minimal stress. A follow-through position consisting of either excessive side bending or arching of the spine (i.e. reverse-C) can lead to pain or injury.

Summary

Ideally, as the club moves through impact it is accelerating. Just past impact the club will immediately begin to decelerate. The muscles that are active during this phase of the golf swing work together providing:

1) Rotation of the body to a balanced finish position. The golfer needs to maintain support, approximately 95% of the golfers' body weight, on the target leg as they finish the golf swing. The ability to complete this activity requires strength and balance of the hip and trunk muscles.

2) Deceleration of the body as the golf club is moved to a position over the shoulder.

Golf Stretch Program Goals

The stretches that each golfer performs are designed to provide the following benefits.

- Get Extra Distance
- Improve Accuracy
- Provide Consistency

- Reduce Fatigue
- Eliminate or Manage Injuries
- Provide a Healthier Golf Swing

Self Tests

When we put golfers through the following tests, we see stark differences from player to player, even if outwardly they look to be in similar physical shape.

When you lack a full range of motion in any of these key areas (hips, shoulders or spine), inconsistencies begin to appear in your swing. For example, if you have limited right hip rotation, you might have a lateral sway in your backswing to compensate.

Your mechanics also break down if you are unable to complete a full range of motion. We have seen golfers with tremendous flexibility in their upper bodies yet significant restrictions in their lower bodies. Too much of one range of motion does not make up for a deficit in another. They must complement each other in order for the swing to work properly.

Now, let's get started and see how you do.

Trunk Rotation Test



Instructions:

Sit in chair with feet shoulder width apart, with erect posture.

Place a golf club behind your neck and across shoulders.

Look straight ahead, then rotate to your left as far as possible, then right. Hips should remain stable throughout the movement.

Pretend you are facing a clock in front of you. The clock is set at 12 o'clock. As you turn to the right, where is the middle of your chest pointing? To 1:00, 2:00 or 3:00? Now, turn to the left and record your results.



Results: Straight ahead is 12:00

Left Side (follow through)

I turned to 11:00
I turned to 10:00
I turned to 9:00

Right Side (backswing)

I turned to 1:00
I turned to 2:00
I turned to 3:00

Internal and External Shoulder Rotation



Instructions:

Reach behind your back and attempt to touch the opposite shoulder blade.

Results:

Left side:

- a. I could reach just past my belt line
- b. I could reach part way up my back
- c. I could reach my opposite shoulder blade

Right side:

- a. I could reach just past my belt line
- b. I could reach part way up my back
- c. I could reach my opposite shoulder blade



Part 2:

Instructions:

Reach over your shoulder and attempt to touch the top inside corner of the opposite shoulder blade.

Left side:

- a. I could not reach past the top of my shoulder blade
- b. I could reach in between my shoulder blades
- c. I could reach my opposite shoulder blade

Right side:

- a. I could not reach past the top of my shoulder blade
- b. I could reach in between my shoulder blades
- c. I could reach my opposite shoulder blade

Can both hands touch?

Yes or no?



Measuring Hip Rotation-Internal



Instructions:

Stand against a wall with your feet hip width apart. Keep the **glutes against the wall**.

Rotate the toe inward and heel outward-away from body, making sure your pelvis does not move and your leg is straight.

Left side:

- a. Rotated my heel out slightly
- b. Rotated my heel up to 45 degrees
- c. Rotated my heel past 45 degrees

Right side:

- a. Rotated my heel out slightly
- b. Rotated my heel up to 45 degrees
- c. Rotated my heel past 45 degrees

Measuring Hip Rotation-External



Instructions:

Stand against a wall with your feet about hip width apart. Slowly rotate your toe outward

(with heels inward).

Be sure that your leg is straight and you don't move your hips from a square position.

Notice how far you were able to rotate your toes.

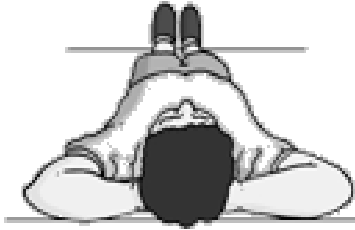
Left side:

- a. Rotated my toe out slightly
- b. Rotated my toe up to 40 degrees
- c. Rotated my toe past 40 degrees

Right side:

- a. Rotated my toe out slightly
- b. Rotated my toe up to 40 degrees
- c. Rotated my toe past 40 degrees

CHEST (PEC MINOR AND MAJOR) TEST



Instructions:

Lie on your back with your legs extended. Place arms behind your head. Extend both elbows out to the side and allow them to drop to the floor.

Left:

- Elbow is several inches off the ground
- Elbow is within an inch of the ground
- Elbow touches the ground

Right:

- Elbow is several inches off the ground
- Elbow is within an inch of the ground
- Elbow touches the ground

Neck Rotation Test



Instructions:

Stand with good posture. Make sure you are sitting with your shoulders and back against the chair. Turn your head to the right, then the left.

How far did you turn? Notice the difference on the right and left sides.

Left:

- a. Does your chin reach between your pecs and your shoulder?
- b. Does your chin reach just inside your shoulder blade?
- c. Is your chin aligned with the seam on your shirt?

Right:

- a. Does your chin reach between your pecs and your shoulder?
- b. Does your chin reach just inside your shoulder blade?
- c. Is your chin aligned with the seam on your shirt?

Hip Flexor Test



Instructions:

Lie on your back with both legs extended. Place your arms around one knee and gently bring it towards your chest.

Notice the final position of the extended leg.

Results:

- a. My straight leg came off the ground several inches
- b. My straight leg came off the ground slightly
- c. My straight leg stayed in the same position

Sit and Reach Test (Hamstring and Low Back)



Instructions:

Sit on floor with legs straight and extended in front of you about 8 inches apart Place one hand on top of the other and reach out as far as you can towards your toes while bending at the hip.

Do not bend from the upper back.

Results:

- a. I couldn't reach past my knees
- b. I could reach within 6" of my feet
- c. I could touch my toes
- d. I could reach through my toes

ON COURSE WARM UP

A Winning Warm Up

According to a study produced by the British Journal of Sports Medicine, a dynamic warm up can have a significant impact on your club head speed.

In fact, following a study conducted on 20 golfers of matching gender, age and handicap, it appears those who performed dynamic warm up stretches as opposed to those who did nothing before play, **club head speed was increased by over 24%!**

There are many ways to conduct a warm up or stretch routine. Each method can produce results for a golfer.

However, studies similar to the one just mentioned has shown that the best way to warm up just prior to a round of golf is through the use of dynamic stretches.

Dynamic stretches are those that keep the body in constant motion. They are not stretches which you hold for 10, 20 or even 30 seconds.

These are stretches you hold for no more than 1 to 2 seconds and keep your body temperature warm with fluid movements.

One of the critical reasons why golfers use this stretching method is based on research which has shown that static stretching (stretch and hold) performed just prior to an event can temporarily decrease strength levels.

This is obviously not the desired outcome for any level of golfer, so be sure to stick with dynamic stretches before play.

Here are some great stretches which hit all the major areas that have an impact on your swing and will provide the necessary ingredients to a winning warm up.

Each stretch should be repeated 7 to 10 times on each side. Hold each stretch for 1 to 2 seconds while breathing out on exertion.

Why only 7 stretches?

Too many stretch programs require too much time and effort and cut into your overall practice time. The bottom line is that golfers will tend not to do anything if the recommendations are perceived as too complicated.

These simple 7 stretches warm up your body and accomplish the same objective and they are easy to remember and perform!

The Simple 7

Cross one leg over the other. Bend from the hip and lower the club until you feel a stretch in your hamstrings.







Lift one leg and place both hands around the knee, pulling knee in close to your body and up towards your chest.



Start with the club behind your shoulder. Right hand holds the club head and left hand holds the shaft. Right arm is held at a right angle. Lift your lower hand up a couple of inches until you feel slight tension in the top of your shoulder. Don't pull the club. Relax your shoulders into a nice easy stretch.



<p>Place your hands on opposite ends of your club. Begin with small swings, gradually increasing your range of motion and keeping a nice easy rhythm from backswing to downswing.</p>	
<p>Place hands about shoulder width apart on golf club, Slightly flex knees and raise hands over the top of your head. Keep your hips stable while you rotate over to one side, then another. Hold each side for a count of two.</p>	
<p>Place your feet shoulder width apart, bending forward from the hip. Place your left hand on the club while resting it against your right thigh. Place your right hand on your head. rotating your right side back as far as you comfortably can.</p>	
<p>Step forward with your right leg, then rotate your body into the forward leg.</p>	

AT HOME STRETCHES

Super 6 for Flexibility

There is no question that the need for increased mobility and flexibility are among the top concerns with golfers of all ages and abilities. The chief threats to a golfer's game include tightness or movement restrictions of the spine, shoulders and hips. These three areas account for almost every major swing fault a golfer encounters.

Take a look at how you performed on the flexibility tests in the assessments phase.

Which stretches do you need to do more often? It is perfectly ok to spend more time with repetitions and stretches for areas that you have identified as 'tight spots'.

While you can continue to use the dynamic stretch method we mentioned earlier in the warm up phase, it is preferred to use static stretching for at home stretches.







Stretch Technique

Static stretching is when you place a muscle in a stretch to its furthest point and simply hold the stretch for 10 to 20 seconds. The goal is to *slowly* bring your muscle into a stretch until your muscle feels a gentle 'pull' or you have a feeling of slight discomfort.

Take nice deep breath and put your muscle into slight tension. Then breathe out. Take another deep breath in and see if you can bring the muscle even a little further into the stretch.

Each stretch is typically repeated 3 to 5 times with the suggested hold time mentioned above. By placing the muscles under tension for this period of time, it allows the muscles and tendons to lengthen in response.

The Super 6

<p>One leg is in front and the other behind. Keep a straight spine and lean forward and into your front leg. You should feel this in your hips.</p>	
<p>Legs bent to 90 degrees. Bend forward from the hip as far as you can maintain the same spine angle.</p>	
<p>Place your right hand on the back of your head. Rotate your upper body up and back until you feel mild tension in your mid back.</p>	
<p>Begin by placing your right hand on your left heel. Bring your heel towards the opposite shoulder blade.</p>	
<p>Place your left hand on your right knee and left hand over the top of your opposite shoulder. Reach further down your back.</p>	
<p>Place your right hand on the knee joint and allow the bent knee to reach towards the ground.</p>	

STRETCH LIBRARY

This stretch library includes the stretches already mentioned, but also includes many more stretches.

This section is broken down into ‘at home stretches’ and ‘on course stretches’ you can use for your warm up either before playing or practice.

If you have identified areas of your body that are especially restricted through the self tests, then use this section to add in more stretches for the tight areas.

There is a wide variety of stretches so feel free to experiment with different ones. No doubt you will like some stretches and not like others.

There is no perfect stretch for you. If you have a tight back, then you will have many stretches to choose from. Mix and match stretches and use the wide variety to keep you interested and motivated.



HOME STRETCHES

Neck Stretch



Place one arm around your back at the level of your belt line. Begin the stretch by turning your head away from the direction of the bent arm. You should feel a stretch across your neck and shoulders. Remember to keep your shoulder blades back and down. Hold and then return to the start position.

Target Area: Neck and Shoulders

Neck and Shoulder Stretch

Sit down on a chair or weight bench with upright posture. Place one hand around the edge of the bench or stool. Place your opposite hand on the middle of the top of your head. Gently bring your head towards your shoulder. Hold this stretch and then guide your head back to neutral. Perform a separate set for each side.



Target Area: Neck and Shoulders

Back Stretch



Begin by placing one hand on the back of your head and the other on your thigh. Bend forward from the waist. Start the stretch by lifting your bent elbow back and up.

You should feel a good stretch across your mid back. Pull your navel to your spine throughout.



Make sure your low back is making the movement and you are not just allowing your elbows to lift. Keep your right side stable as you turn into it.

Target Area: Back

Lying Shoulder Stretch

Lie on the ground with your arms straight up to the ceiling and palms facing one another. Extend your arms straight back towards the ground and hold while keeping your back flat on the ground.



Target Area: Shoulders

Shoulder and Mid Back Stretch



In a seated position, extend your left leg while folding your right.

Place your left hand on your right knee and right hand over the top of your opposite shoulder.



Use your hand on your knee as leverage to extend further into your stretch as you rotate your body towards your folded knee.

Continue reaching further down your back with your right hand towards your opposite shoulder blade.

Target Area: Shoulders, back and hips

Lower Body Stretch

Kneel down with one foot forward and one knee on the ground. Contract your stomach muscles to create a neutral spine. Lean forward into the stretch keeping the same straight back.



Target Area: Hips

Lying Glute Stretch



Lie on your back with your legs extended and arms at your side. Begin by placing your right hand on your left heel. Bring your heel towards the opposite shoulder blade.

Target Area: Glutes

Lying Back Stretch



Lie on the floor with your arms and legs extended out.

Begin by placing your left leg over your right with the knee bent.

Place your right hand on the knee joint and allow the bent knee to reach towards the ground. Keep both shoulders on the ground.

Target Area: Back

90-90 Hip Stretch



Place both your front and back legs bent to 90 degrees.

Place one hand inside your thigh and one hand outside the same thigh.

Keep a flat back and bend forward from the hip as far as you can maintain the same spine angle.

Target Area: Hips



Kneeling Mid Back Stretch

Kneel on the ground with hands and knees in contact with the floor. Place your right hand on the back of your head.

Begin rotating your upper body up and back until you feel mild tension in your mid back.

Target Area: Mid back



Back Stretch



Flex your knees and place both hands on your thighs. Bend forward from the waist. Turn your right shoulder in as you open your chest toward the opposite shoulder. You should feel a good stretch across your mid back. Be sure to keep your chest up and stomach muscles taut throughout this movement.

Target Area: Back

Trunk Stretch

Stand with your feet shoulder width apart. Place your right hand behind your head. Slowly bend over to the opposite side extending your straight arm down your leg and towards the ground until you feel a stretch in your side muscles.

Target Area: Trunk



Towel Shoulder Stretch



Grab a golf towel with one hand and place it behind your back. Reach behind with your opposite hand and take hold of the towel.

Pull the towel up with the top hand, and then slide the towel down with your lower hand.

Target Area: Shoulders

Shoulder Stretch

Place one arm next to your head with palm facing forward. Take your opposite arm and bend it behind your head. Grab your straight arm on the backside of your elbow joint.

Gently pull your straight arm back into a stretch. Be sure to keep your body straight as tight shoulders will want to pull on your whole upper body backward. Keep your stomach muscles taut with good posture.



Target Area: Shoulders

Back and Hips Stretch



Sit against a wall on your side with your left leg extended along the wall and left arm against the wall. Your right leg should be folded across your body with a bent knee.

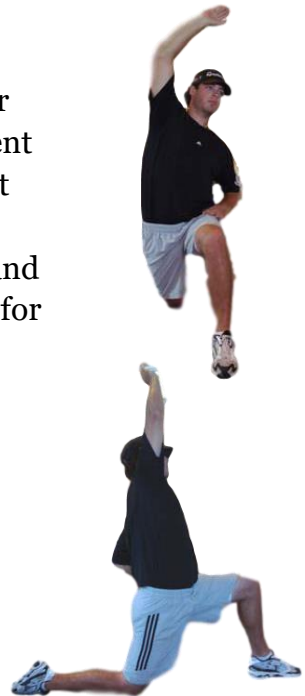
Rotate your body slightly forward so you are lying completely upright. You will feel this stretch in your back, shoulders, hips and hamstrings.

Target Area: Back and Hips

Hip Flexors and Obliques

Take one step forward and lower your body to the ground with your knee bent at a 90 degree angle and your foot flat on the ground. While maintaining balance, raise your opposite arm up and extend it above your head. Hold this for a few seconds and then switch to the other side.

Target Area: Hip Flexors and Obliques



Groin Stretch



Sit with your legs extended in front of you. Pull your feet in so that the soles are touching each other. Grasp both of your feet with both hands and gently roll your shoulders forward as you

lower toward the floor between your legs.

Target Area: Low Back and Groin

Low Back and Glute Stretch

Lie flat on your back with your legs straight. Raise your right leg up so that the knee is bent and then cross your legs, resting your left



ankle on your right knee. Grasp your left knee with your hands and pull it in toward you, keeping your left ankle on your right knee. Continue gently pulling until you feel the stretch. Switch and stretch your right leg.

Target Area: Low Back and Glutes

Hamstring Stretch



Sit up straight with your legs extended out in front of you. Pull your left leg in so that the sole of your foot is resting against the side of your right knee. Leaning forward, grasp your right foot with both hands and pull your upper body down and into a light stretch. Maintain a flat back while you lean forward.

Target Area: Hamstrings and Low back

Upright Stretch

Bring your right leg over your left while sitting with good posture. Place your arms around your bent knee. Turn your upper body into the knee that is bent.

Target Area: Back, Hips, Glutes



Hamstring Stretch



Lie on your back with one knee bent and the other raised into the air. Place a stretch strap (or long towel) around the extended leg and bring it slowly towards your upper body. Focus on the leg

muscles doing the work as opposed to ‘pulling’ or ‘forcing’ the leg into position.

Target Area: Hamstrings

Shoulder Ball Stretch

Kneel down on your knees and place both hands on an exercise ball about shoulder width apart. Sit back on your heels while pushing forward on the ball. Gently rotate arms to the left side, then the right. Continue to sit back on heels throughout the movement.



Target Area: Back and Shoulders

Low Back Stretch



Lie on the floor with your knees flexed on top of an exercise ball. Gently pull in your stomach muscles and slowly rotate the ball from left to right. Only rotate as far as you can comfortably go. Keep both shoulders firmly on the floor.

Target Area: Low back

Rotator Stretch

Place your hand and arm over a fitness ball. Lean down slightly and turn away from the ball. Once you feel a stretch, inhale and press your hand into the ball for 5 seconds. Relax, then allow your body to drop lower.

Target Area: Rotator cuff



Glute Stretch



Lie on the ground and take your right bent leg and point your right foot towards the left shoulder blade. Your left leg is fully extended and flat on the ground. Begin the stretch by bringing your heel closer to your opposite shoulder blade. Notice that the focus is on bringing your heel as opposed to your toes closer to your opposite shoulder blade. Hold and then return to the start position, releasing the stretch.

Target Area: Glutes

Chest Stretch

Stand upright facing a corner or open doorway. Place your palm against a wall or doorframe and then turn your body away from the extended arm. Exhale and see if you can increase the stretch in your chest.



Target Area: Chest

IT Band Stretch



Place your left foot across your right foot with your knees slightly bent. Extend your right arm overhead while your left arm hangs comfortably at your side. Begin by leaning your body to your left side. Repeat the stretch on the other side of your body.

Target Area: IT Band and Obliques

Hamstring Stretch

Place one foot in front of the other and place your hands on your upper thighs. Lift up your toes from your forward foot. Bend from the hips and lower your body until you feel a stretch in your hamstrings. Keep good spinal alignment throughout the movement.



Target Area: Hamstrings

Standing Lower Body Stretch



Begin the movement by bringing one knee in towards your chest and wrap both hands just below your knee. Once you have your balance, try elevating onto your toes. Hold and then return the bent leg to start position. Be sure to pull the navel towards the spine throughout. Keep the eyes and chest lifted. Alternate legs and keep the body moving.

Target Area: Back, Calves, Glutes and Low back

All in One Stretch

Take one step backward and extend your left leg into a modified lunge position. Place both hands around your knee and lean forward into the bent knee while maintaining your spine angle.



Target Area: Hips, Hamstrings and Back

Lying Hip Stretch



Lie on your stomach while placing your hands folded across the floor and your head and neck relaxed.

Knees are bent, but together. Slowly rotate heels outward until you feel slight

tension in your hips.

Target Area: Hips

Standing Shoulder Stretch

Stand with your feet shoulder width apart and your arms at your sides. Bring one arm up and next to the top of your head and leave the other arm next to your side. Palms should be facing towards your body. Begin the stretch by reaching further back with both your raised arm and your lowered arm at the same time. Hold and then return to the start position.

Perform a separate set for each arm up/down combination

Target Area: Shoulders



Back Stretch



Lie on your side with hands together and knees together with hip/knees flexed 90 degrees.



Take top arm and rotate it away from your body and over to the other side. Keep knees in the

same position throughout.

Target Area: Back

Back, Glutes and Hamstring Stretch

Lie on your back with your arms extended to your side and left leg straight. Cross your left leg over your right thigh keeping your leg straight. Place your right hand on your left leg and pull it slowly toward the floor, until you feel a stretch on the outside of your left hip and low back. Keep your shoulders in contact with the floor.



Target Area: Back, Glutes and Hamstrings



ON COURSE STRETCHES

Standing Side Bend



Place hands about shoulder width apart on golf club, Slightly flex knees and raise hands over the top of your head. Keep your hips stable

while you rotate over to one side, then another. Hold each side for a count of two.

Target Area: Side Abs

Hamstrings

Bend slightly at the left knee while you extend your right foot forward. Lift your toe up so you can freely rotate your heel from left to right while loosening up your hamstrings.



Target Area: Hamstrings

Lunge to Turn Stretch



Place hands on both sides of a golf club. Slightly flex knees and raise hands over the top of your head.

Move into a lunge position.

As you lower your body, rotate your upper body towards your front bent knee.

Target Area: Hips, Quads, Back and Shoulders

Oblique and Shoulder Stretch

Place hands about shoulder width apart on golf club. Slightly flex knees and raise hands over the top of your head. Keep your



hips stable while you rotate over to one side, then another. Hold each side for a count of two.

Target Area: Shoulders and Obliques

Back and Shoulder Stretch



Place both hands on your club at shoulder distance apart. Turn one arm

over the other. Turn into your back swing. Keep the movement fluid holding your backswing position no more than 2 seconds.

Target Area: Mid back, Shoulders and Obliques

Golf Swing Revolutions

Hold a club out in front of your body with hands on opposite ends of the club. Place your spine in a neutral position.

Begin with small swings, gradually increasing your range of motion and keeping a nice easy rhythm from backswing to downswing.



Target Area: Back, Shoulders and Obliques

Forearm Stretch



Hold the golf club with one hand and lift the club off the ground creating a slight bend in the elbow. Use your opposite hand to grab the golf club and place a small amount of pressure on the muscles of the wrist as you gently pull the club up and away from your body.

Target Area: Forearms

Standing Rotator Stretch

Grab a golf club with one hand and place the club behind your back. Reach behind with your opposite hand and take hold of the club. Pull the club up with the top hand, then slide the club down with your lower hand.



Target Area: Shoulders

Standing Glute Stretch



Pick up your right foot holding your hand around your shoe. Bring the heel up towards your opposite shoulder. Repeat with the opposite side.

Target Area: Glutes

Standing Hip Stretch

Begin with feet shoulder width apart. Rotate the right toe inward as far as possible. Rotate your body into the pointed toe. Knee should be straight but not locked.

Target Area: Hips-External



Standing Hip Stretch (part 2)

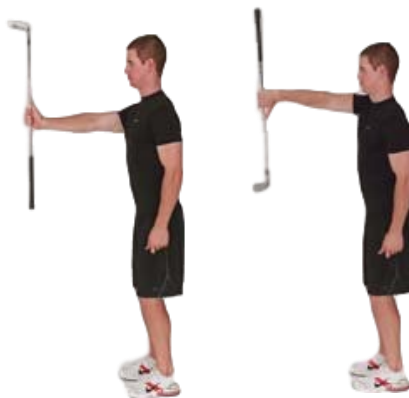


Begin with feet shoulder width apart. Then rotate the right toe out as far as possible pointing your toe away from you. Turn your body away from your turned out toe.

Target Area: Hips-Internal

Standing Rotator Stretch

Hold the club in the middle of the shaft with one arm extended straight out. Rotate the club to the right and then to the left. Keep elbow straight, but not locked. When complete, switch to the other arm and repeat.



Target Area: Shoulders

Active Shoulder Stretch



Start with the club from behind one shoulder and grab the shaft beneath your arm pit. Your upper arm is holding the face. Begin this stretch by lifting your lower hand up a

couple of inches until you feel slight tension in the top of your shoulder.

Target Area: Shoulders

Hamstring-IT Band Standing Stretch

Place both hands over your head while grasping the club slightly further than shoulder width apart.

Cross left leg over the top of right leg and bend forward from the hip while keeping a straight back.



Target Area: Hamstrings and IT Band

Mid Back Standing Stretch



Place your feet about shoulder width apart and your body in an athletic position, bending forward from the hip.

Place your left hand on the club while resting it against your right thigh. Place your right hand on your head.

Begin the stretch by rotating your right side back as far as you comfortably can, reaching a stretch in your mid back and upper shoulder.

Target Area: Mid back and Shoulders

High Knee Lift

Lift one leg and place both hands around the knee, pulling the extended knee in close to your body and up towards your chest.

Once your balance is established, try lifting your heel up on your single leg.



Target Area: Back, Calves and Glutes

Lunge with Rotation



Step forward with your right leg, then rotate your body into the

forward leg.

Push off your right leg and return to your start position. Repeat 5 times on each side.

Target Area: Hips, Hamstrings and Back

Standing Back Stretch

Start by flexing your knees and placing both hands on your thighs. Bend forward from the waist. Turn one shoulder in as you open your chest toward the opposite shoulder. You should feel a good stretch across your mid back.



Target Area: Mid back

