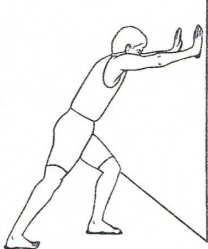
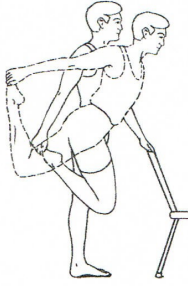
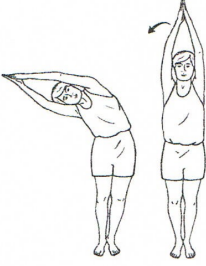
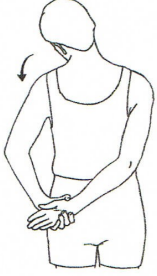
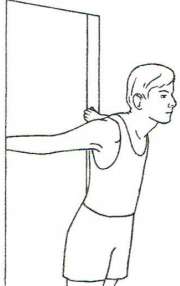


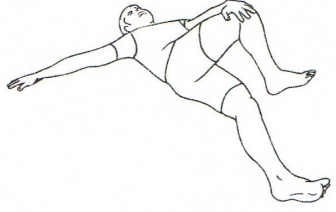



Stretching for Golf

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach



<p>LOWER LEG - 8 Gastroc</p> <p>Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold <u>30</u> seconds. Repeat with other leg.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>UPPER LEG - 6 Quadriceps</p> <p>From starting position, raise leg until stretch is felt. Hold <u>30</u> seconds. Repeat with other leg.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>HIP OBLIQUE - 1 Abductors</p> <p>From starting position, bend the body to the side as far as possible until stretch is felt. Hold <u>10</u> seconds. Repeat to other side.</p>  <p>Repeat <u>6</u> times. Do <u>1</u> sessions per day.</p>
<p>SHOULDERS - 1 Rotator Cuff</p> <p>Pull right arm down with left hand until stretch is felt. Hold <u>20</u> seconds. Repeat with other side.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>CHEST - 3 Pectorals</p> <p>Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold <u>30</u> seconds.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>GROIN - 3 Thigh Adductors</p> <p>Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold <u>30</u> seconds.</p>  <p>Repeat <u>3</u> times. Do <u>1</u> sessions per day.</p>
<p>LOWER BACK - 5 Mid and Lower Extensors</p> <p>With chin on chest, gently roll back and forth on spine.</p>  <p>Repeat <u>6</u> times. Do <u>1</u> sessions per day.</p>	<p>HIP OBLIQUE - 6 External Rotators</p> <p>Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold <u>30</u> seconds. Repeat with other leg.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>	<p>HAMSTRINGS - 3 Head to Knee</p> <p>With hands on ankle, pull head toward knee and hold <u>30</u> seconds. Repeat with other leg.</p>  <p>Repeat <u>2</u> times. Do <u>1</u> sessions per day.</p>

Don't just Golf... Play the best round ever!

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[Stretching strap](#) - Certain stretches will be made easier when utilizing a stretch strap

