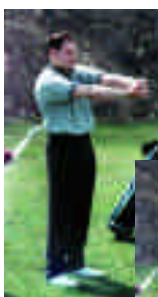


Golf Stretching Performance Enhancers



Forearm Stretch

Standing with your feet shoulder width apart, clasp your hands together and extend them away from your body, palms facing out (A) let your shoulders roll forward and your upper back round naturally, hold for a count of 5 seconds; (B) then raise your hands above your head, hold for 5 seconds. Try not to bend at the waist or tilt your head back.



Golfers Lunge

Take one step forward, until your forward leg is bent 90 degrees (forward knee doesn't pass toes) and your heels are flat. Place your hands on your forward knee or use your cart caddie. Feel the stretch in your hip, back of leg and front thigh. Hold stretch then repeat with the other leg forward.



Back Stretches / Shoulder

Standing with your feet shoulder width apart and with knees bent slightly. (A) clasp your hands behind your back, then straighten and extend your arms away from your body while looking upwards, hold the stretch. (B) Place your hands in the small of your back, press forward slowly while leaning backwards.



Upper Body Stretch

With your feet about shoulder width apart, toes pointed forward and holding your golf club with the arms extended in front of you, slowly turn your upper body around until your club is behind you. Turn in one direction, and then turn in the opposite direction. Do not force yourself any further than is comfortable.

• *Stretch slowly and breath normally*

• *Hold each stretch for at least 5-10 seconds*

• *Perform 3-10 repetitions of each exercise*

• *If you experience dizziness or pain (other than stretching of tight muscles) consult professional evaluation*



Side Stretch

Standing with your feet shoulder width apart and knees slightly bent grasp the shaft of your golf club shoulder width apart with the back of your hands facing forward. Raise the club above your head; slowly bend to the right side from the waist and reach for the sky with the left arm; return to an upright position and then bend to the left side from the waist and reach for the sky with your right arm.



Chest Stretches

Standing with your feet shoulder width apart and knees slightly bent, grasp the shaft of your golf club near both ends and raise straight arms, up and over your head and behind your back. Move slowly feeling the stretch in the front of your shoulders and the upper back.



Neck Stretches

Standing with your feet shoulder width apart and knees slightly bent, place the shaft of your golf club across your shoulders grasping the club at each end with your hands. Keeping your shoulders level (A) side bend your neck to the right, hold; then to the left, hold. (B) slowly turn your head to the right, hold; and to the left, hold. Please do not perform head rolls.

Low Back / Hamstrings

With your feet shoulder width apart, toes pointing straight ahead, slowly bend forward from the hips let your neck and arms relax. Go to a point where you feel a stretch in the back of your legs and lower back.



Remember only stretch to where you feel comfortable; don't bounce, hold each stretch. Take the time to stretch, not only will you feel it in your body, but you will see it in your score.



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