

Pre-round Stretch Routine

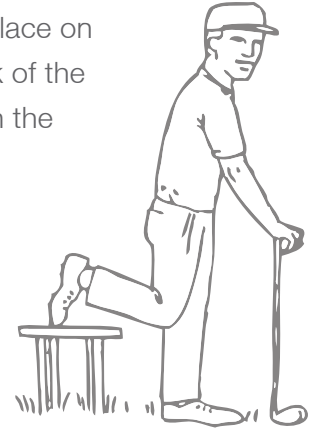
All movements are done from the "Address Position" unless otherwise noted in the instruction.

Walking

Attempt to walk for 6 minutes prior to stretching for a warm-up, try parking in the farther corner of the lot, etc.

Quad Stretch

Flex the knee and place on a bench of the back of the golf cart and stretch the quads slowly.



Hamstring Stretch

Place the heel of the shoe on the fender or seat of a cart or bench and slowly stretch and hold for 30 seconds and repeat 2 times.



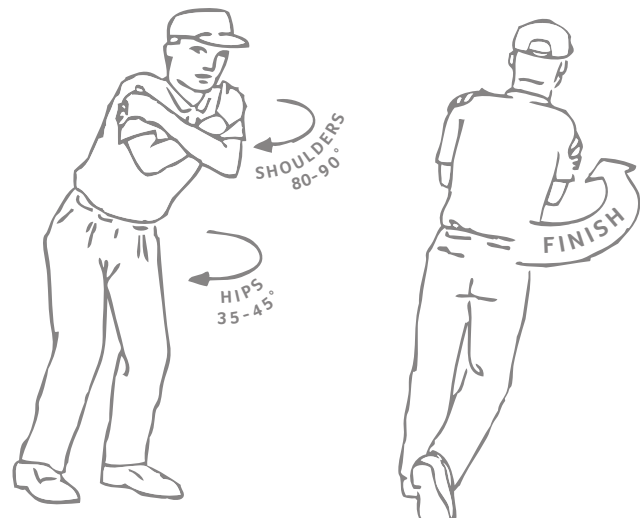
Lowback Stretch

Knee to chest with foot resting on the fender of cart or a bench.



Armless Swing

Move to the right slowly stretching the right hip Joint REPEAT 5 to 6 times SLOWLY.

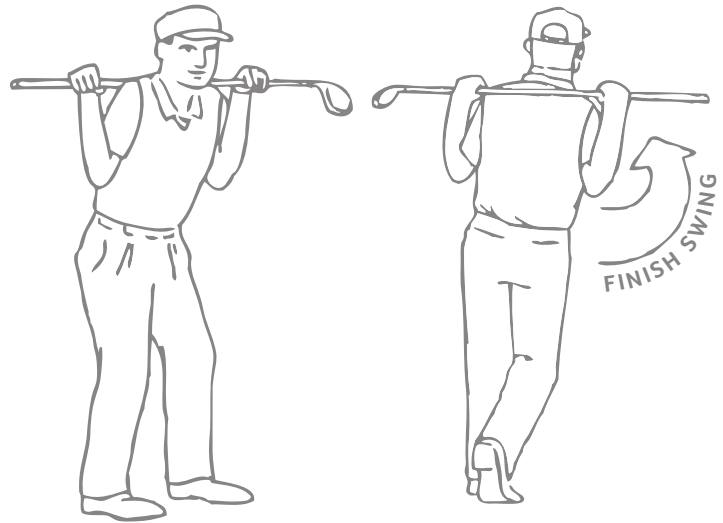


Pectoral Stretch

Place golf club behind the shoulders, holding it at either end, turn to the right slowly and then turn to the left all the way to the end of follow-through.

REPEAT 5 times SLOWLY, then increase the tempo of the turn for an additional five times.

Maintain the position of the club behind the shoulders to stretch the pectoral area.

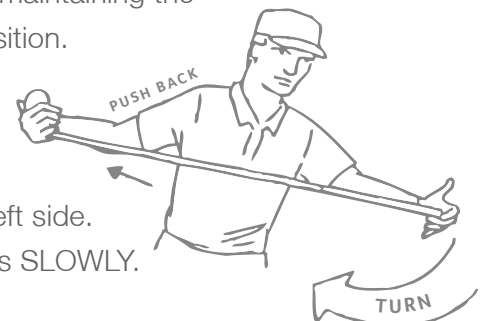


Progressive Speed Swing

Grip the club in a normal manner and take 5 swings, starting slowly at 1/4 speed and increasing by 1/4 speed, with the main emphasis on the initiation of the swing with the hip and the initiation of the downswing with the hips.

Arm/Shoulder Stretch

Assume the address position and place one end of the club in each hand, stretch the right arm while maintaining the back-swing position.



Repeat to the left side.
REPEAT 5 times SLOWLY.

Lateral Shoulder Stretch

PROCEED CAREFULLY,
CLEAR THE ROTATOR CUFF
PRIOR TO STRETCHING.



Iliotibial Band Stretch

Right foot behind Left,
rotate hips to the Right
then slowly sidebend to
the Left.

