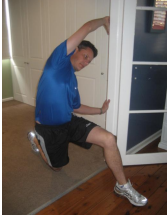

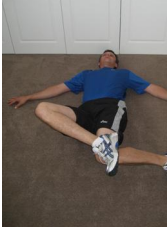




FLEXIBILITY PROGRAM FOR GOLFERS

<p>Hip Flexor/Side Stretch Starting in lunge position, raise the same arm as the back leg over your head and lean away. Repeat 3 x 45 seconds</p>	
<p>Hip Flexor Rotation Stretch Starting in lunge position, rotate away from your back leg. Repeat 3 x 45 seconds</p>	
<p>Hip Internal Rotation Stretch Lay on your back with your knees bent comfortably and your feet resting flat on the ground. Keeping your feet facing straight ahead, move your feet out to the side. Place 1 foot on the opposite knee and push down until you feel a stretch. Repeat 3 x 45 seconds each side</p>	
<p>Bow and Arrow Stretch Lay on your back with knees bent up together to 1 side. Stretch arm to same side as knees and place other hand on your chest, pulling your ribs down. Hold 20 seconds, then reach across to other hand, hold 5 seconds, then repeat. Repeat 5 reps.</p>	
<p>Spiral Staircase Drill Starting on a deep squat with spine in neutral, feet just wider than shoulder width, arms straight down with wrists extended. Imagine there is a spiral staircase starting in front of you. Maintaining your deep squat position, rotate your body into your backswing, with your hands following the imaginary spiral staircase, then through to a follow through position. Repeat 3 x 6 times</p>	
<p>Upper Back Rotation Starting on hands and knees, place 1 hand behind your head. Rotate your upper body under and back, maintaining the position of your top hand. Repeat 3 x 10 each way.</p>	