






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>Gluteal Stretch Lay on your back, pull knee to opposite shoulder and twist leg until you feel a stretch in your buttock. Hold 3 x 45 secs</p>	
<p>Standing Hamstring Stretch Place foot on chair with knee slightly bent; keep back straight as you lean forward until you feel a stretch in the back of your thigh. Keep stance and hips square. Hold 3 x 45 seconds</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>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>	