

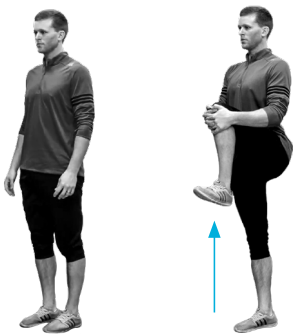
TEE UP FOR SUCCESS WITH THESE GOLF STRETCHES

Whether you need to work on your long game or your short game, these movements will help you make the most of your swing.

KNEE HUG – IN PLACE



Stretching your glutes, hamstrings, and hip flexors.



- 1 Stand tall with your arms at your sides.
- 2 **Lift one foot off the ground** and squat back and down a few inches with the other leg.
- 3 Contracting the glute of your standing leg, **grab below your opposite knee** with your hands and pull your knee to your chest while straightening your other leg. **Hold for 1 to 2 seconds.**
- 4 Relax and return to the starting position.
- 5 **Repeat the movement** with your other leg.
- 6 Continue alternating to complete the set.

INVERTED HAMSTRING – IN PLACE

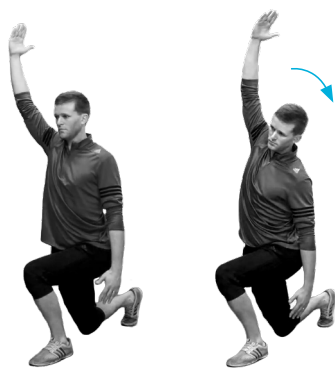


Stretching your hamstrings.

- 1 Stand tall on one leg with your **arms out to your sides** and shoulder blades back and down.
- 2 Keeping a straight line from your ear to ankle, **bend forward at the waist** and raise your non-standing leg behind you.
- 3 **When you feel a stretch** in the back of your thigh, return to standing by contracting the glutes and hamstrings of your standing leg.
- 4 Repeat the movement with your opposite leg.
- 5 **Continue alternating** to complete the set.



REVERSE LUNGE – WITH LATERAL FLEXION



- 1 Stand tall with your arms at your sides.
- 2 **Step back with one foot** into a lunge and contract your back glute.
- 3 Reach the hand of the back leg overhead and bend your torso **toward your other hand**.
- 4 Return to the **starting position**.
- 5 Repeat the movement with your other leg.
- 6 **Continue alternating** to complete the set.

FEEL IT

Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.

T HIP MOBILITY

- 1 Stand on one leg and **hold onto a support** with the hand of the same side.
- 2 Hinge forward at your hip by dropping your chest and lifting your opposite leg to the ceiling to **create a "T" with your torso**.
- 3 Rotate your hips and shoulders toward the ceiling until you feel a stretch on the inside of your hip, and **hold for 1 to 2 seconds**.
- 4 Relax and rotate your hips back through the original **"T" position** until you feel a stretch on the outside of your hip.
- 5 **Complete the set** on one side before repeating on the other side.

FEEL IT

Stretching the inside and outside hip of your standing leg.



KNEE HUG TO REVERSE LUNGE, ELBOW TO INSTEP – IN PLACE



- 1 Stand and **lift your right foot** off the ground, squatting slightly with other leg.
- 2 Grab opposite knee and pull toward chest while straightening other leg.
- 3 Release knee and **step backward into lunge** with your right leg without pausing.
- 4 Place your left hand on the ground and your right elbow to the inside of your right foot.
Hold this stretch for 1 to 2 seconds.
- 5 Place your right hand outside your right foot and push your hips to the sky.
- 6 Drop back down into a lunge and **repeat the movement**.
- 7 Complete the set on one side before repeating on the other side.

FEEL IT

Stretching your groin, the hip flexor of your back leg, and the glute and hamstrings of your front leg.