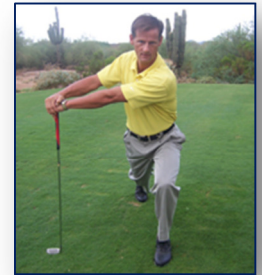


3 minutes to a better golf game!



While it will always be in your best interest to plan and prepare, both mentally and physically, prior to your round of golf, the following stretches will get your body ready in record time.



Stretch #1 Lunge with Rotation

Goal: This movement is designed to duplicate the trunk rotation involved in the swing while stretching the hip flexors. Instruction:

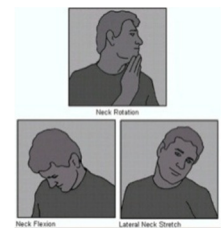
- Place hands on opposite ends of a golf club and place behind the top of shoulders. Begin by taking a nice long step forward, then lowering to a lunge position. Gently turn your torso towards your extended knee. Hold each side for a count of two, then switch legs

Stretch #2 Rotator Cuff Stretch

Goal: This movement is designed to stretch the rotator cuff muscles.

Instruction:

- Hold the club in the middle of the shaft with one arm extended straight out. Rotate the club to the right and then to the left. When complete, switch to the other arm and repeat



Stretch #3 Trunk-Hip Rotation

Goal: Loosens up the hip joints and prepares the body for a shoulder turn by stretching the low back. Instruction:

- Bend over slightly from the hips. Hold your spine in a neutral position. Place club behind your back and in the crook of your arms. Rotate your shoulders to the right, then to the left. The movement duplicates the trunk rotation involved in the swing.



Use these three stretches prior to your next round of golf and you will likely see a significant impact in your performance. Get ready to take your game to a new level!