GOLF STRETCH™ ACADEMY

FREE ROUTINE · 5:00

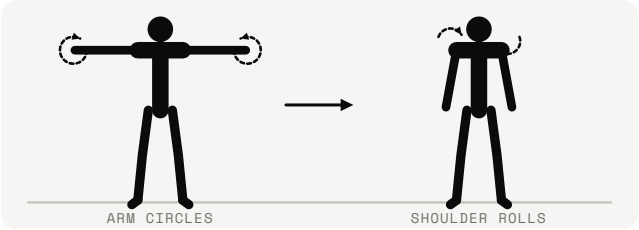
5-MINUTE PRE-ROUND GOLF MOBILITY ROUTINE

Five simple movements to loosen up before you tee off. All you need is a golf club.

1 | 2 | 3 | 4 | 5

01 ARM CIRCLES & SHOULDER ROLLS

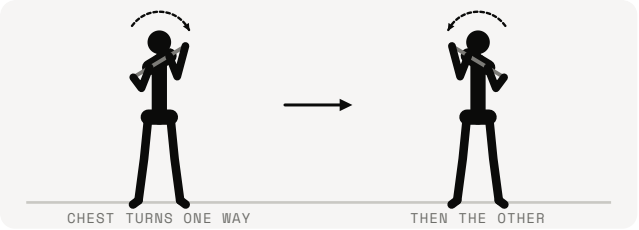
SHOULDERS — 0:45



Stand tall. Circle your arms forward, then backward, a little bigger each time. Finish with slow shoulder rolls.

02 TRUNK ROTATION

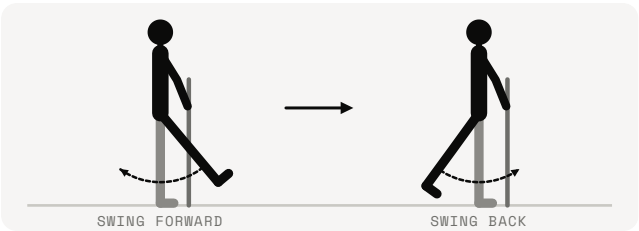
UPPER BACK — 1:00



Hold a club across your shoulders. Turn your chest side to side while your hips face forward. About 10 each way.

03 LEG SWINGS

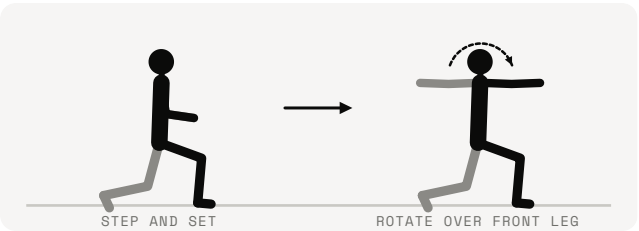
HIPS — 1:00



Hold a club or rail for balance. Swing one leg forward and back about 10 times, then switch. Keep it easy.

04 LUNGE WITH ROTATION

HIPS & LOWER BODY — 1:15



Step into a comfortable lunge and turn your chest toward the front leg. Alternate sides, 5 to 6 per leg.

05 OVERHEAD SQUAT

LEGS, HIPS & SHOULDERS — 1:00



Hold a club overhead. Sit back and down as far as feels comfortable, then stand. About 8 slow reps. Hold the club at chest height if easier.

GOOD TO KNOW

WARM-UP VS. ASSISTED STRETCHING

A **warm-up** is something you do yourself, right before you play: light, active movement that gets your body ready to swing.

Assisted stretching is a separate session where a practitioner guides you through held stretches. It is not meant to replace a warm-up before a round. Learn the difference.

BEFORE YOU START

Move slowly and smoothly, and never bounce. Stay within a comfortable range of motion, and stop if any movement causes pain. If you have an injury or a medical condition, check with your healthcare provider first. A few minutes of easy walking first is a good idea.

General educational information, not medical advice. Results vary from person to person.