

FOLLOW THESE EASY STEPS WHEN STRETCHING:

- Warm up sufficiently before stretching.
- Make each stretch slow and smooth.
- Never bounce or push into pain.
- 1-2 repetitions are sufficient if performed regularly.
- Hold each stretch for 30 seconds.



CHEST STRETCH

Stand with golf club behind back, slowly raise arms up behind body until a stretch is felt. Keep chest up, don't lean forward.



HIP ABDUCTION

Hold onto golf club (or lean on a golf cart) crossing leg closest to the club or cart behind you. Keeping back leg straight, slowly lean hip toward club. Hold and repeat on opposite side.



BACK ROTATION

Standing, slowly rotate your upper body to one side as far as comfortably able. While keeping feet flat on the ground, hold then slowly rotate in the opposite direction.



BACK EXTENSION

Stand with feet flat on the ground, arch back while pushing hips forward.

TRUNK SIDE BENDING

Stand with arms overhead holding the golf club. Slowly lean to one side then the other.



QUAD/THIGH STRETCH

With knee pointing down toward the ground, slowly pull heel of foot up towards buttocks until a stretch is felt. Hold and repeat on opposite side.

CALF/ACHILLES STRETCH

Stand with one leg in front of the other, toes pointing straight ahead. Keeping back leg straight and heel on the ground, lean forward bending front knee until a stretch is felt in back leg. Hold and repeat on opposite side.



HIP ROTATION

Cross right leg over left knee with right ankle resting on left knee. Keep back straight and slowly lean forward as you apply downward pressure on your right knee. Hold and repeat with opposite leg.

LUNGE STRETCH

Take left foot forward so that left leg is into a 90-degree angle. Right leg is straight back while chest is up and out. Hips are square ahead. Push right hip down and forward. Hold and repeat on opposite side.



SHOULDER STRETCH

Reach arm across chest toward back of shoulder. Using opposite hand, help stretch arm towards chest. Hold and repeat with opposite arm. Hold and repeat on opposite side.

Did You Know?

If you walk instead of taking a cart, playing golf can burn some extra calories!

	CALORIES BURNED PER HOUR	
	Body Weight of 140 lbs	Body Weight of 195 lbs
CARRYING YOUR CLUBS	350	487
PULLING CLUBS	318	443
USING A POWER CART	222	310

Pre-Game Stretching

Regardless of age or physical condition, pre-game stretching can reduce the risk of injury and help lower your score. Benefits include increased performance, decreased injuries, and improved overall enjoyment of the game.

Inside this brochure are a series of stretches, specifically designed to enhance your golf game. They take only minutes to complete.

Give these stretches a try
your next time out
for a round of golf.

The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.

Visit Healthy Directions at hne.com