

Strength and Mobility for Golfers

STRETCHES

Cross Body Adduction

3 sets of 30 second holds

- Take your arm and cross it over your chest
- Use the opposite hand to pull your arm closer to your chest



Half-Kneeling Open Book

2 sets of 20 repetitions

- Kneel with your arms straight and one arm positioned against the wall
- Turn your trunk and opposite arm away from the wall as far as you can then return to the start



Hip Rotation Mobility

2 sets of 20 repetitions

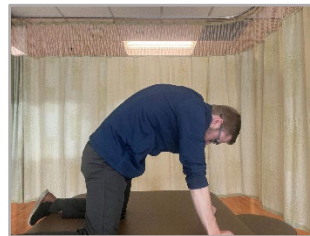
- Lay on your back with your arms out to the side and your heels on the ground
- Roll your knees off to one side, briefly hold, then roll back to the other side



Cat Cow

2 sets of 20 repetitions

- While on your hands and knees, arch your back towards the ceiling
- From the arched position, let your belly button sag towards the ground



Corner Stretch

3 sets of 30 second holds

- Stand in a corner with your palms and elbows resting on the wall
- Let your chest fall towards the corner and hold



Table Bows

2 sets of 20 repetitions

- Stand with your arms on a table or counter
- Walk your feet back so that your head drops towards the floor

