



FITforeGOLF™

Better Golf through Better Health

Education Series

STRETCH

Your Golf Game

www.fitforegolf.com

FIRST - TEE

STRETCHING

EXERCISES

HOLD EACH STRETCH for 20 seconds. Remember to stretch both sides. You should experience **NO PAIN** with any of these stretches.

BEFORE YOU TEE OFF: After completing the stretches, gently swing a short iron (e.g. 9 iron) back and forth several times. Slowly build up the tempo of these practice swings. Perform these practice swings both left and right handed.

CAUTION: If you have any health concerns consult your doctor before proceeding. If you feel any pain or unusual sensations (tingling, numbness, dizziness) with any of these exercises - **STOP IMMEDIATELY** and seek medical advice.

1

GROIN STRETCH

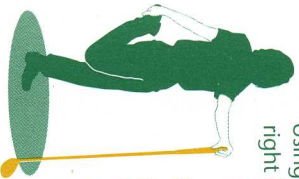
Using a golf club or bench for balance, place your feet 2-3 feet apart. While keeping your back vertical, slide your hips sideways to the right letting your right knee bend while your left leg stays straight. You should feel a stretch in the groin of your left thigh.



2

QUADRICEP STRETCH

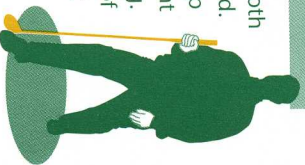
Using a golf club for balance, bend your right knee and hold your right foot with your right hand. Keep your thighs together, and your right knee pointing towards the ground. Pull your abdominal muscles in and maintain a straight back during the stretch. You should feel a stretch in the front of your right thigh.



3

HIP FLEXOR STRETCH

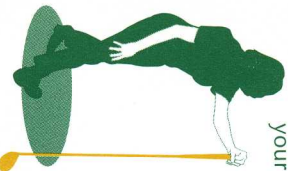
Step your right foot forward 2-3 feet. Both feet should be pointing straight ahead. Pull in your abdominal muscles and keep your back straight. Bending your right knee, lean forward onto your right leg. You should feel a stretch at the front of your left hip. Tightening your left buttock will increase the stretch.



4

HAMSTRING STRETCH

Steady yourself with a golf club and step your right foot forward 2-3 feet. Keeping your right knee straight, slowly bend forward at the waist until you feel a stretch in the back of your right thigh. Pulling your right foot up will increase the stretch.



5

CALF STRETCH

Steady yourself with a golf club and step your left foot back 2-3 feet. Keep your feet pointed forward. While keeping your left knee straight, slowly bend your right knee until you feel a stretch in the back of your left lower leg. Make sure you keep your left heel on the ground.



6

SIDE TRUNK STRETCH

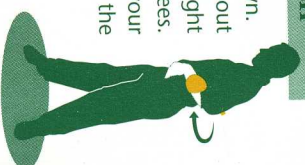
Place your right arm behind your head and grasp the right elbow with your left hand as shown. Gently pull your right elbow to the left while bending your trunk to the left. A stretch should be felt in your right upper arm and the right side of your trunk.



7

TRUNK ROTATION STRETCH

Hold a club behind your back as shown. Keep both feet planted on the ground about shoulder width apart. Keep your back straight and bend slightly at your hips and knees. Without twisting your hips, gently turn your trunk to one side until you feel a stretch in the middle of your back.



8

SHOULDER STRETCH

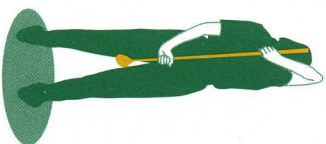
Hold the shaft of a golf club vertically behind your back as shown. Slowly pull the club up with your top hand until you feel a stretch in the shoulder of your lower arm. The lower arm should be relaxed.

Hold the stretch for twenty seconds.



Next, pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.

Reverse hand positions and repeat.



9

BACK OF SHOULDER STRETCH

Place your right hand on your left shoulder. Gently pull your right elbow across your body towards your left shoulder. You should feel a stretch across the back of your right shoulder.



10

NECK STRETCH

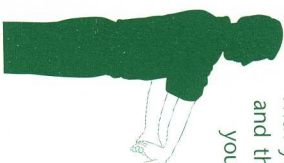
Put your hands behind your back and grasp your left wrist with your right hand. Keep your shoulders relaxed and slowly tilt your head to the right. Using your left shoulder muscles, gently depress your left shoulder down towards your feet. A stretch should be felt in the left side of your neck.



11

FOREARM STRETCH-PALM UP

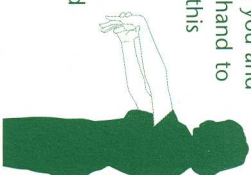
With your arm straight out in front of you and the palm facing upwards, gently pull your fingers back with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the inside of your forearm.



12

FOREARM STRETCH-PALM DOWN

With your arm straight out in front of you and your palm facing down, point your hand to the ground. Slowly pull the back of this hand towards you with your other hand. Do not let your shoulder rise up as you do this. A stretch should be felt on the top of your wrist and forearm.



WHY FIRST TEE STRETCHING EXERCISES?

These stretches are fun, relaxing and easy, once the correct techniques have been learned, especially when combined with a regular fitness program. The benefits of stretching occur relatively quickly. The result is a better trunk turn and a more fluid swing, with less muscle tension and a decreased chance of injury.

What people are saying:

FITforeGOLF™ is on the right track for pin-pointing physical limitations in golfers... *their program helps you be the best you can be in golf.*

Sandra Post, LPGA Member, Golf Teacher,
Executive Editor of World of Women's Golf

"I'm stronger than I was last year. They've given me a new exercise regime which has really worked."

Jason Zuback, Three time -
World Long Drive Champion

FITforeGOLF™ and You:

FITforeGOLF™ offers a team approach to your golf success. Together, the **FITforeGOLF™** experts bring you:

- swing fundamentals
- golf - specific exercises
- fitness and injury prevention
- psychological skills training
- golf nutrition
- year - round training programs

FITforeGOLF™ delivers a multifaceted program designed to help keep you injury free and add years to your game. *The better the body the better the performance!*

FITforeGOLF™ has affiliated physical therapy clinics throughout North America with certified professionals who can effectively assess your posture, strength and flexibility.

Plus, your **FITforeGOLF™** affiliate can refer you to Golf Professionals should your technique or equipment need attention.

Your local affiliate is:

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