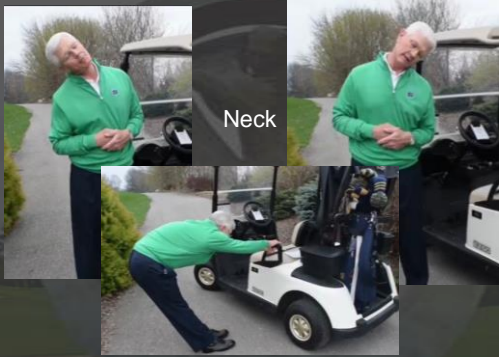


Pre-Game Stretch Routine



Neck

Back and Latissimus



Pre-Game Stretch Routine



Quadriceps stretch

Golf club used for support

Pre-Game Stretch Routine



Hamstring stretch with leg on seat or floorboard

Add: spine and shoulder stretches or use club for balance

Pre-Game Stretch Routine



Hip capsule stretch

Use club for balance as you push down on the knee

Pre-Game Stretch Routine



Heel cord (Achilles) stretch

Use club for balance as you push down on the heel



Pre-Game Stretch Routine



Shoulder and Latissimus Stretch

Arm under chin with full turn

Pre-Game Stretch Routine



Composite Shoulder : Torso : Leg Stretch

Pre-Game Stretch Routine



Forearm Stretch

Wrist back for Flexor stretch

Wrist down for Extensor stretch