

16



Use one of your golf clubs to stretch your arms, shoulders, upper back, and chest. From a standing position, hold your club at each end and with your arms straight bring the club up, over, and behind your head. Find a stretch feeling and hold for 20 seconds. Be comfortable with the stretch feeling. Do two times. Breathing should be slow, deep, and rhythmical.

17



Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold comfortable pressure for 10-12 seconds. Repeat twice.

18



The next stretch is done with your fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done at any time. Hold 5-15 seconds. Do twice.

19



Place both hands shoulder width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent (1 inch). Your hips should be directly above your feet. To change the area of the stretch, bend your knees just a bit more and/or place your hands at different heights. Find a stretch that you can hold for at least 20 seconds. (Remember to always bend your knees when coming out of this stretch.)

20



With the palm of your hand flat, thumb to the outside and fingers pointed backward, slowly lean your arm back to get a feeling of stretch through your forearm. Be sure to keep your palm flat, otherwise it will be difficult to create a stretch. Hold for 5-10 seconds for each arm. Do twice.

Additional Neck & Lower Back Stretches:

1



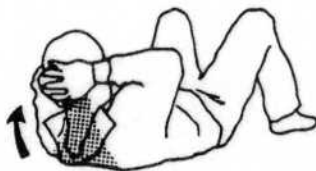
Relax with your knees bent and the soles of your feet together. (Lie with a pillow under your head if you'd like.) This comfortable position will stretch your groin. Hold this stretch for 15-20 seconds.

2



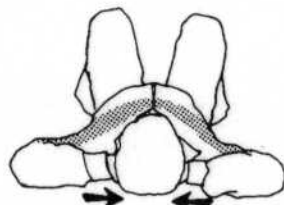
From the lying groin stretch, gently rock your legs as one unit back and forth, 10-12 times. These are real easy movements of no more than 1 inch in either direction. Initiate movements from top of hips. This will gently limber up your groin and hips.

3



Interlace your fingers behind your head and rest your arms on the mat. Using the power of your arms, slowly bring your head, neck and shoulders forward until you feel a slight stretch. Hold an easy stretch for 5 seconds. Repeat three times. Do not overstretch.

4

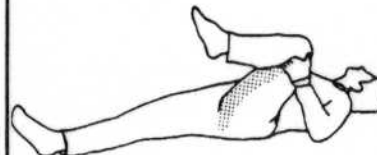


Shoulder Blade Pinch: From the bent-knee position pull your shoulder blades together to create tension in the upper back area. (As you do this your chest should move upward.) Hold this controlled tension for 4-5 seconds, then relax and gently pull your head forward as shown in stretch #3. This will help release tension and allow the neck to be stretched effectively.

5

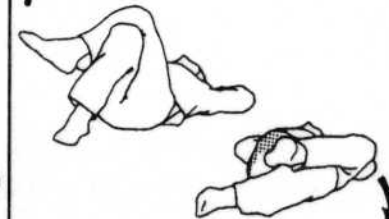
Repeat stretch #3

6



Next, straighten both legs and relax, then pull your left leg toward your chest. For this stretch keep the back of your head down, if possible, but don't strain. Hold an easy stretch for 20 seconds. Repeat, pulling your right leg toward your chest. Stretches hip and upper hamstrings. Breathe while stretching.

7



From a bent-knee position, interlace your fingers behind your head and lift the left leg over the right leg. From here, use your left leg to pull your right leg downward until you feel a good stretch. Stretch and relax. Do not hold breath. Breathe. Keep the upper back, shoulders, and elbows flat. The idea is not to touch the ground with your right knee, but to stretch within your limits. Hold for 15-20 seconds. Repeat stretch for other side.

8

Repeat stretch #1



Stretch diagonally. Point the toes of your right foot as you extend your left arm. Stretch as far as it comfortable. Hold 5 seconds, then relax. Stretch the left leg and the right arm the same way.

9

10



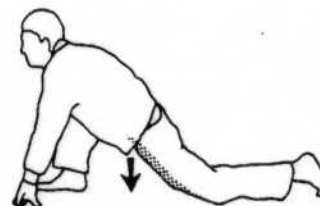
Put the soles of your feet together with your heels a comfortable distance from your groin. With your hands around your feet slowly contract your abdominals to assist you in flexing forward until you feel an easy stretch in the groin. Make your movement forward by bending from the hips and not from the shoulders. If possible, keep your elbows on the outside of your lower legs for greater stability during the stretch. Hold a comfortable stretch for 20-30 seconds.

11



With your right leg straight put your left foot flat on the ground on the other side of your right knee. Reach over your left leg with your right arm so that your elbow is on the outside of your left leg. With your left hand resting on the ground behind you, slowly turn your head to look over your left shoulder, and at the same time, turn your upper body (but not your hips) toward left hand and arm. Be sure to bend your right elbow and to gently push it against your bent leg. This will help create and stabilize the stretch. Hold for 5-15 seconds for each side. Stretches the outside of your upper leg and lower back.

12



As in the drawing above, move your leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Lower the front of your hip downward until an easy stretch is felt in the front of the hip and possibly in your hamstrings and groin. Do this without changing the position of the knee on the floor or the forward foot. Hold the stretch for 15 seconds. Do both legs.

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Bob and Jean Anderson, creators of this stretching chart are also the authors of the book, STRETCHING. Now a revised ©2010 spiral bound edition. Also available, STRETCHING FOR BETTER GOLF video/DVD and stress-relieving body tools.

Golf Stretches

Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise

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Stretching can be done before and after activity or whenever you feel like it.

How to Stretch:

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-20 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch which should be held for 5-20 seconds. This feeling of stretch tension should also

slightly diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Stretch relaxed and limberness will become just one of the many by-products of regular stretching.

Do a light warm-up of walking for several minutes prior to stretching.

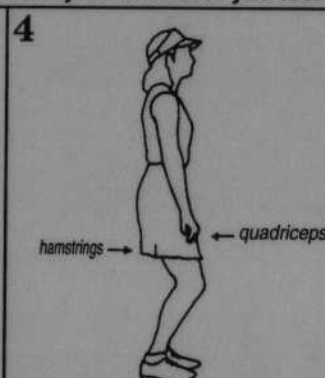
The dotted areas are those areas of the body where you will most likely feel the stretch.



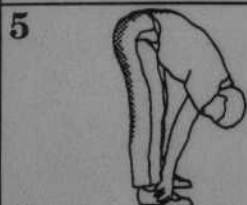
1 To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 20 seconds. Do not bounce. Stretch both legs. (2) To stretch the soleus and Achilles tendon area, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch which is also good for maintaining or regaining ankle flexibility. 10 seconds, each leg. This area needs only a slight feeling of stretch.



2 Gently pull your left foot (from inside of foot) toward buttocks with your right hand until you feel a mild stretch. If necessary, place your other hand on a support for balance. Hold for 15 seconds. Stretch other leg. **This stretch can also be done using same hand to same foot, if preferred.**



3 Next, stand in a bent knee position. This will relax your hamstrings so that they will be easier to stretch in the next position. Hold for 30 seconds.



4 After holding the bent knee position, stand up and then slowly bend forward from the hips. Always keep knees slightly bent during the stretch (one inch) so lower back is not stressed. Let your neck, arms and hands relax. Go to the point where you feel a slight stretch in the back of your legs. Stretch in this easy phase for 15-25 seconds until you are relaxed. Let yourself relax physically by mentally concentrating on the area being stretched. Do not stretch with knees locked or bounce when you stretch. Stretch by how you feel and not by how far you can go. Always bend your knees when returning to a standing position.



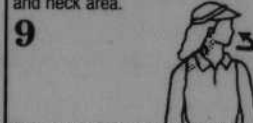
5 With your feet shoulder width apart and pointed out to about a 15 degree angle, heels on the ground, bend your knees and squat down. If you have trouble staying in this position hold onto something for support. It is a great stretch for your ankles, Achilles tendon area, groin, lower back and hips. Hold stretch for 15-30 seconds. Be careful if you have had any knee problems. If pain is present discontinue this stretch.



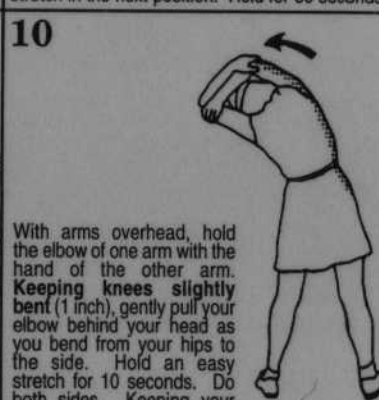
6 While sitting on a bench, set your leg up on the bench as shown above. With the foot upright and relaxed, slowly bend forward from the hips toward your leg until you feel an easy stretch in your hamstrings. Hold this stretch for 15-30 seconds. The front of the thigh (quadriceps) should be soft and relaxed during the stretch. Stretch relaxed. Do both legs.



7 Shoulder Shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.



8 Turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold correct stretch tensions for 10-15 seconds. Stretch to each side twice.



9 With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (1 inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance.



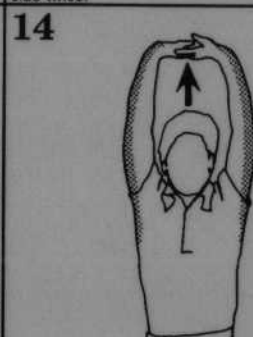
10 To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across, behind your back. Hold an easy stretch for 10 seconds. Do both sides. This stretch can be done sitting or while standing.



11 Start with your hands on your hips, feet pointed straight ahead with knees slightly flexed. Turn your hips as you look over your shoulder behind you. Hold an easy stretch for 10-15 seconds. Be relaxed and breathe easily. This is a good stretch for lower back and hips. Stretch both sides. Do twice.



12 Stand about 12-24 inches away from a wall or fence with your back towards it and knees slightly bent (1/2 inch). With your feet about shoulder width apart and toes pointed straight ahead, slowly turn your upper body around until you feel a lateral stretch along spine and back. If possible, place your hands shoulder height behind you. Do not overstretch. Try to keep your head and eyes forward as you turn your upper body. Hold the stretch for 10-15 seconds. Repeat stretch to other side.



13 Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere, anytime.



14 Stand with knees slightly bent in your best ready-to-hit posture. Gently hold on to the back of your left elbow if you are right handed (vice versa for the left handed). Slowly pull your elbow toward your right shoulder as you rotate your hip into a hitting position until you feel an easy stretch in the back of your left shoulder. Keep your head in the correct hitting position as you hold the stretch for 10 seconds. Do twice.