

Golf Clinic #1: Proper Golf Warmup

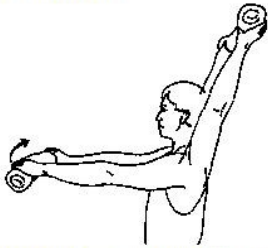
Golf Warmup Stretches and videos are available online:

WWW.GOLFERSTRETCH.COM

The inability to execute any of the stretches properly, indicates you need a flexibility routine. Make an appointment with Fitness Director, Kira Langolf, (561)889-8493.

Hold each stretch 15-30 seconds and repeat 2-3x.

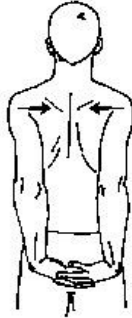
SHOULDERS - 9 Extensors



With hands grasping towel, move hands back over head until stretch is felt. Hold ____ seconds. To move further back, slide hands apart.

Repeat ____ times. Do ____ sessions per day.


SHOULDERS - 5 Deltoids



With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.


UPPER LEG - 7 Quadriceps



With left hand grasping right leg, gently pull heel toward buttocks until stretch is felt. Hold ____ seconds. Repeat with other heel.

Repeat ____ times.
Do ____ sessions per day.

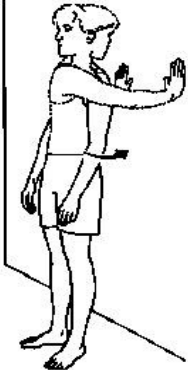
ARMS - 8 Triceps



Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.

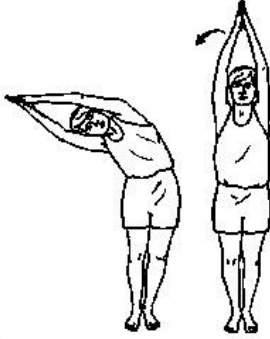
UPPER BACK - 3 Rotators



With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold ____ seconds. Repeat to other side.

Repeat ____ times.
Do ____ sessions per day.

HIP OBLIQUE - 1 Abductors



From starting position, bend the body to the side as far as possible until stretch is felt. Hold ____ seconds. Repeat to other side.

Repeat ____ times.
Do ____ sessions per day.

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