The following exercises can be performed with your golf clubs. You should not feel any pain, only a stretch. If you experience discomfort, do not force the stretch, decrease your body's range of motion and slow down.

**Chest & Shoulders**
- Make sure your sternum is lifted
- Shoulders should NOT roll forward but reach back
- Hold 10-15s

**Triceps & Shoulders**
- Keep top elbow pointed to sky
- There should be no "pinching" in the shoulder
- Pull club head towards feet
- Hold 10-15s
- Repeat other side

**Wrist & Forearms**
- Feel the stretch in front & back of forearms
- Warm up wrists by flexing & extending wrists 10-15 repetitions
- Take the stretch to a full & comfortable range of motion

**Hamstring**
- Point toe up to ceiling & hip out behind you
- Stretch should be felt on back of leg & into calf
- Pump ankle up & down 10 times
- Repeat other side

**Low Back**
- Tailbone should be pointed up to sky
- Elongate the spine by reaching the hips away from the hands
- Inhale & exhale with the stretch 10-15s

**Achilles & Calf**
- Back foot should be pointed forward
- Press heel into ground
- Lunge forward
- Squeeze gluteals
- Hold 10-15s
- Repeat other leg

**Hips & Torso 1**
- Place front foot on something sturdy
- Bottom foot pointed forward
- Tighten gluteals
- Bend side to side for 30s
- Switch legs

**Hips & Torso 2**
- Lunge forward as your abilities allow
- Turn toward front leg
- Switch sides
- 10 reps each

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