

Stretching Exercises

Golf Flexibility Stretch #1: Side Stretch

Stand with your feet slightly apart, aligned with your shoulders. Keep your hips facing forward. Lift your left hand in the air and stretch it to the side over your head. Hold the position, release and repeat with your right arm.

Golf Flexibility Stretch #2: Reaching down Stretch

This exercise focuses on your triceps. Grasp your hands together. Reach them behind your head and try to stretch them down your back. Your elbows should be pointed up. Hold the position then release and repeat.

Golf Flexibility Stretch #3: Rotation Lunge

Put your hands on either side of a golf club and then put the golf club on the back of your shoulders. Take a big step into the lunge position. Turn your body in the direction of your extended knee. Hold the stretch for two counts. Release and repeat.

Golf Flexibility Stretch #4: Rotator Cuff

Hold the golf club at its center point. Keep your arm extended. Turn the golf club to the right and then to the left. Repeat and then change to your other hand.

Golf Flexibility Stretch #5: Hamstring Stretch

Lie flat on your back with your legs straight out. Lift one leg into the air and hold the back of your thigh with your hands. Pull your leg towards you. The other leg should be flat on the ground. Hold the stretch and then release it. Repeat and make sure to alternate legs.

Golf Flexibility Stretch #6: Cats up and down

This exercise stretches the lower back. Get onto all fours. Your arms should be in line with your shoulders and your legs should be in line with your hips. Arch your back and hold this position for a count of 30. Then flatten your back for the count of 30. Your eyes should be looking at the floor and your arms should be kept straight.

Golf Flexibility Stretch #7: Neck Stretch

Turn your head to the left and hold for the count of two. Turn your head to the right and hold for the count of two. Repeat. Bend your head forward so that your chin touches your chest and hold for the count of two. Touch your left ear to your left shoulder and hold for the count of two. Touch your right ear to your right shoulder and hold for the count of two. Repeat.

Golf Flexibility Stretch #8: Forearm and Wrist Stretch

Lengthen your right arm in front of you without bending your elbow. Use your left hand to bend your right wrist down and stretch it. Repeat for the opposite side.