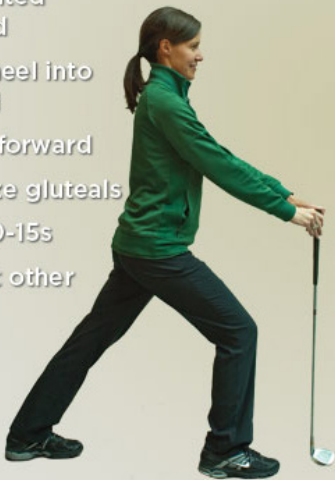


6 simple golf exercises to loosen you up and help avoid injury

ACHILLES & CALF

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



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



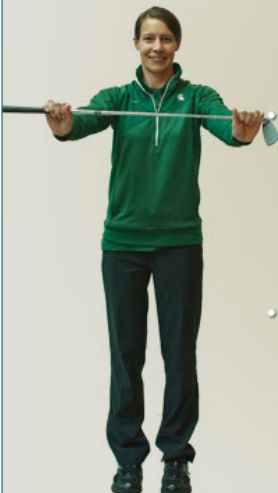
CHEST & SHOULDERS

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



WRISTS & 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



LOW BACK

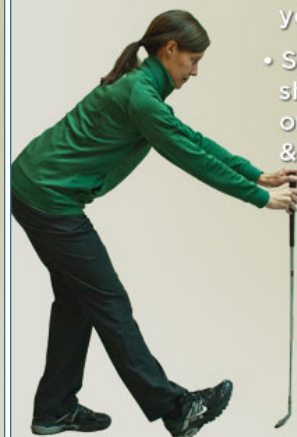
- Tailbone should be pointed up to the sky
- Elongate the spine by reaching the hips away from the hands



- Inhale & exhale with the stretch 10-15s

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



ON THE FIRST FLOOR (OPPOSITE THE GYM)

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