

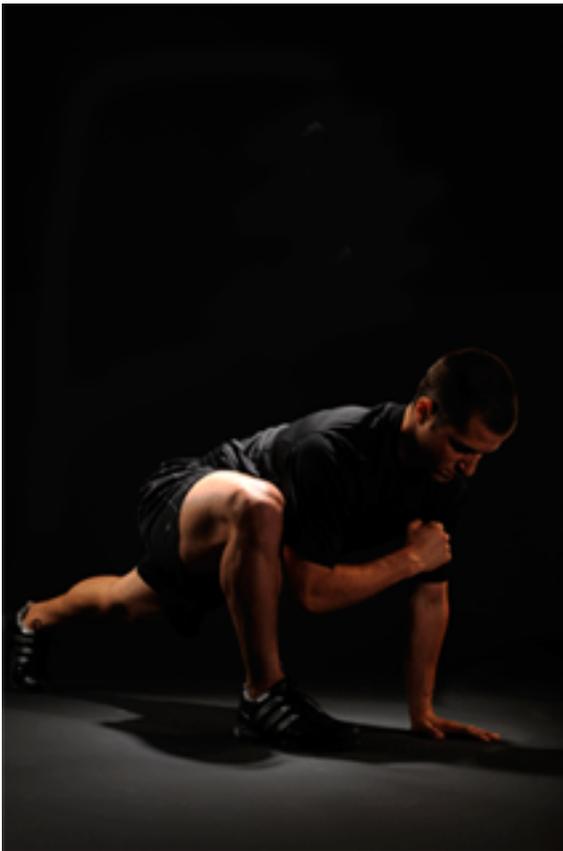


## **INVERTED HAMSTRING STRETCH**

(ONE SET, SIX REPS, EACH LEG)

**Why it works:** Although technically not part of the core, the hamstrings allow you to fire your core muscles properly during the swing-if they are flexible. They also help you maintain your posture throughout the swing and effectively transfer weight. In many cases, tight hamstrings are linked to lower-back pain.

**How to do it :**Stand on your left leg only with your arms extended from your sides. Now bend over at the waist, and raise your right leg so it's behind you and parallel to the ground. When you feel the hamstring stretch in your left leg, return to the starting position. Switch legs and repeat.



## WORLD'S GREATEST STRETCH

(ONE SET, THREE REPS, EACH DIRECTION)

**Why it works:** The name says it all. This lengthens nearly every muscle in the core and also the key ones attached such as the hamstrings, upper back, etc. This stretch will increase the amount a golfer can turn.

**How to do it:** Stand with your back straight, arms to your sides. Step forward into a lunge with your right foot. Place your left hand on the ground and your right elbow to the inside of your right foot and hold the stretch for two seconds. Rotate your right arm and chest to the sky as far as you can. Hold for two seconds. Take your elbow back and down toward your instep and reach through to your opposite side. Place your right hand outside your right foot and repeat. Make sure to keep your back knee off the ground and to contract the glutes.



## LATERAL SQUAT

(ONE SET, SIX REPS, EACH DIRECTION)

**Why it works:** Stretches the hip adductors (inside of the thigh), glutes, groin, hamstrings and strengthens the quads. The legs play such a key role in providing power for the golf swing but they need to be more elastic and powerful. This exercise builds the lower part of the core.

**How to do it:** Stand with your feet spread slightly wider than the shoulders. Shift your hips to the right and down by bending your right knee and keeping your left leg straight. Your feet should be pointing straight ahead and flat on the ground. Push through the right hip, returning to the starting position. Then shift your hips to the left and repeat the exercise in the other direction. Be sure to keep your knee on the squat side behind your toes, your back flat and your chest up