The exercises attached are intended to help improve your strength and flexibility of the muscles used most during the sport of golf. Done regularly, these specific exercises will not only improve your overall general fitness but they can significantly enhance your golf game as well. The stronger and more flexible you are throughout your swing, the straighter and farther your ball will fly!

For each of the strength exercises listed, start out with 2 sets of 10 repetitions and increase to 2 sets of 15 repetitions. When this becomes easier, change the band to a higher resistance and/or move your hands closer together and go back to 2 sets of 10 repetitions. For the calisthenics exercises shown, progress to 3 sets of 15 repetitions. When you resistance train, control your speed of movement: 3 counts out and 3 counts back in. Control your breathing: exhale on the effort portion of the exercise. Most importantly, maintain proper form at all times. When standing, feet are shoulder width apart and knees are slightly bent. Upper body posture is spine straight, chin up. Maintain good posture when doing any seated exercise as well and pull your stomach muscles in to keep a straight spine.

Stretching is believed to help to prevent injury to tendons, ligaments and muscles by improving muscular elasticity and reducing the stretch reflex in greater ranges of motion that might cause injury to tissue. In addition, stretching can reduce delayed onset muscle soreness (DOMS). Stretching is best done after a short warm up to increase blood flow to the muscles or even better... at the end of an exercise session. Not only will the muscles be warm from the physical exertion, the flexibility gains tend to be increased and it allows the body more time to cool down and return to a resting level. All stretches should be done statically. Bouncing can actually cause a stretch reflex which increases the risk of injury. To review the rules:

1. Do not overstretch. You should feel a good comfortable stretch in the targeted muscle group but you should not feel pain.
2. No bouncing. Go to the farthest point that you can without pain and hold the stretch for 15-30 seconds.
3. While stretching, make sure you breathe at all times. Do not hold your breath. A good thing to do is to inhale deeply, then exhale and fold forward or back for the desired stretch. Continue to breathe deeply and try to stretch a little further with each exhale.
**Instructions:**
1. Stand with feet hip-width apart and grab a sturdy support with both hands.
2. Slowly squat down and lean back keeping arms extended forward.
3. When you feel a stretch in your upper back, hold for 30 seconds.

**Key Points:**
- Do not bang or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

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**Reverse Fly - bands**

**Instructions:**
1. Stand upright, feet slightly wider than shoulder-width.
2. Hold a flexible band end in each hand, arms extended out in a cross position, the flexible band stretched behind your back.
3. Keeping your arms straight, pull your arms forward in front of you, letting the flexible band go across your back and shoulders.
4. Slowly return to the starting position.

**Key Points:**
- Keep your arms straight.
- Move your arms forward and backward in a slow, controlled manner.

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**Wrist Curls - bands**

**Instructions:**
1. Sit at the end of a chair or bench with your feet on the floor slightly wider than hip-width apart.
2. Step on the middle of a flexible band with both feet, holding an end in each hand, palms up.
3. Rest your forearms on your thighs.
4. Curl your wrists up as far as possible while keeping your forearms stationary.
5. Hold momentarily.
6. Slowly return to the starting position.

**Key Points:**
- Do not allow your forearm to rise up off your thigh.
- Your forearm should be stationary at all times.
- Raise and lower in a slow, controlled manner.

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**Leg Pull-in**

**Instructions:**
1. Lie on your back on the floor, legs extended, hands under buttocks, palms down.
2. Bend knees, and pull your legs towards your chest.
3. Slowly return to the starting position.

**Key Points:**
- Keep your back straight.
- Move your legs in and out in a slow, controlled motion.
**Pelvic Lifts**

**Key Points:**
- Do not arch your back. Raise only until your back is straight.
- Return to the starting position in a slow, controlled manner.

**Instructions:**
1. Lie on the floor on your back, knees bent and feet slightly apart.
2. Extend your arms over your head, palms upward.
3. Slowly lift your hips up toward the ceiling. Raise yourself until your back is straight and squeeze your buttocks together.
4. Slowly lower yourself to the starting position.

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**Knees to Chest Stretch**

**Key Points:**
- Try not to arch your spine, keep your back straight.
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.

**Instructions:**
1. Lie on your back on the floor with knees bent, feet flat on the floor.
2. Pull your knees up and grab them with your hands.
3. While keeping your back straight and flat on the floor, pull your knees toward your chest stretching your lower back.
4. Hold for 15 seconds and relax.

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**Seated Hamstring Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

**Instructions:**
1. Sit upright on the floor with legs straight and spread apart slightly.
2. Extend your arms in front of you and slowly lean forward reaching as far as possible.
3. When you feel a stretch in the backs of your legs, hold for 30 seconds.

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**Seated Hip Rotation Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.

**Instructions:**
1. Sit on a chair or bench feet flat on the floor.
2. Cross your right leg over your left with your right ankle resting on your left knee.
3. Keep back straight and slowly lean forward as you apply downward pressure on your right knee.
4. When a comfortable stretch is felt, hold for 15 seconds.
5. Repeat with the other leg.

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**Spinal Twist Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

**Instructions:**
1. Sit upright on the floor with your legs extended in front of you.
2. Place your right leg over your left leg, with your right foot on the floor outside the left knee.
3. Place your left elbow on the outside of your right knee, and extend your right arm behind you with your palm on the floor for support.
4. Slowly twist your upper body to the right while looking over your right shoulder using light pressure from your left elbow.
5. When you feel a stretch in your hips and lower back, hold for 30 seconds.
6. Repeat with the other side.

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**Groin Back Stretch**

**Key Points:**
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

**Instructions:**
1. Sit upright on the floor with the bottoms of your feet together and knees pointed outward.
2. With your hands over your feet, gently pull your heels toward your groin.
3. Bend forward with your forehead toward your toes, pulling with your arms until you feel a stretch.
4. Hold for 15 seconds and relax.
Instructions:
1. Stand upright with your feet shoulder-width apart.
2. Hold a broomstick in front of your stomach, palms backward, with a wide grip.
3. Keeping your arms straight, raise the broomstick in front of you and over your head.
4. Keep moving your arms back until you feel a comfortable stretch in your shoulders.
5. Hold for 15 seconds.

Arm Circling

Key Points:
- Do not move arms too quickly. Be sure to do both directions.

Instructions:
1. Stand upright, feet shoulder-width apart, arms by your side.
2. Keep both arms straight and slowly rotate them at the shoulders.
3. Start by moving both arms forward and over your head in big circles.
4. Each circle should take about a second. Do not move too quickly.
5. After circling in one direction, repeat in the other direction.

Assisted Wrist Stretch

Key Points:
- Do not bounce or jerk into the stretch; make slow steady movements.
- A mild pulling sensation is normal. Stop if there is any pain.
- Avoid locking joints when stretching.

Instructions:
1. Stand or sit upright and extend your arms in front of you parallel to the floor.
2. Flex your left wrist so that your fingers are pointing downward.
3. With your right hand, slightly push the left wrist down at the knuckles until you feel the stretch.
4. Hold for 10 seconds.
5. Extend your left wrist so that your fingers are pointing upward.
6. With your right hand, slightly pull the left wrist up at the fingers until you feel the stretch.
7. Hold for 10 seconds.
8. Repeat with the other wrist.