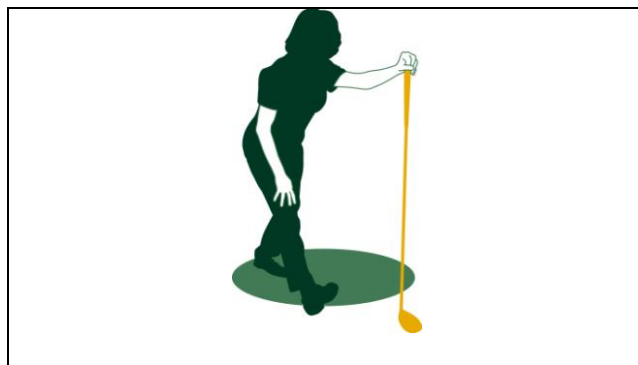


FITforeGOLF™ FIRST-TEE STRETCHING EXERCISES:

HAMSTRING STRETCH:

Step back with your left leg. Using your club for support, slowly bend your left knee. As you do this, keep the right knee straight and pull the toes of the right foot back as far as possible. You should feel a comfortable stretch in the back of your right thigh. Hold for 10 seconds, change legs and repeat on the other side.



QUADRICEP STRETCH:

While steadying yourself with a golf club, bend your right knee and grasp the instep with your right hand. Keep your back straight, your thighs touching and the right knee pointing towards the ground. A stretch should be felt in the front of the right thigh. Tightening your stomach muscles by drawing in your belly button will increase the stretch. Hold for 10 seconds then repeat on the other side.



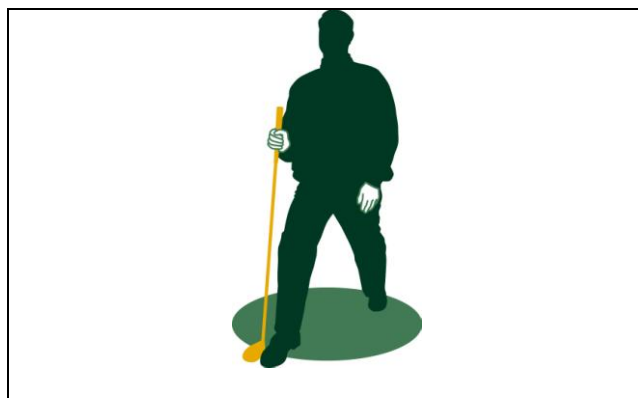
GROIN STRETCH:

Using a golf club or the back of a bench for support, place your feet about 2-3 feet apart. While keeping your back vertical, slide your hips sideways to the right letting your right knee bend while your left leg stays straight. You should feel a stretch in the groin of the left thigh. Hold for 10 seconds then repeat on the other side.



HIP FLEXOR STRETCH:

While using your golf club for support, step forward about 2-3 feet with your left foot. Both feet should be aimed straight ahead. Tighten your abdominal muscles by gently drawing in your belly button. Tighten your right buttock to push your right hip forward while letting your left knee bend. Keep your back vertical the whole time. A comfortable stretch should be felt at the front of the right hip. Hold for 10 seconds then repeat on the other side.



TRUNK ROTATION STRETCH:

Hold a club behind your back. While keeping your feet planted on the ground and shoulder width apart, gently rotate (turn) your trunk to one side until you feel a stretch. Hold briefly and keep your back vertical. No pain should be experienced. Repeat 2-3 times both directions.



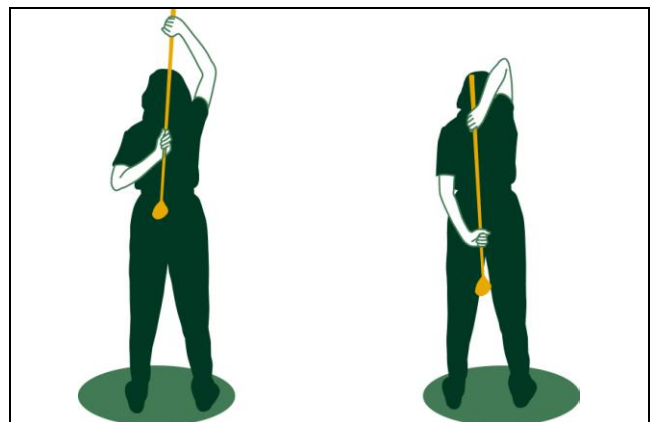
BACK OF SHOULDER STRETCH:

Place your left hand on your right shoulder. Gently pull your left elbow across your body towards your right shoulder. You should feel a comfortable stretch across the back of your left shoulder. Hold for 10 seconds then repeat on the other shoulder.



SHOULDER STRETCH:

Hold the shaft of golf club behind your back. Slowly pull the towel up with your top hand until you feel a comfortable stretch in the shoulder of the lower arm. The bottom arm should be relaxed. Hold this stretch for 10 seconds and then pull the club down with the bottom hand until you feel a stretch in the top shoulder. Change hand positions and repeat.



FOREARM STRETCH:

With your elbow straight out in front of you and the palm facing upwards (1), gently pull your fingers back with your other hand. Do not let the shoulder rise up as you do this. A comfortable stretch should be felt on the inside of the forearm. Hold for 10 seconds then repeat on the other arm. Now repeat the stretch with your palm facing down, make a gentle fist then slowly pull your wrist down further with your other hand (2). A comfortable stretch should be felt on the top of the wrist and outside of the forearm

