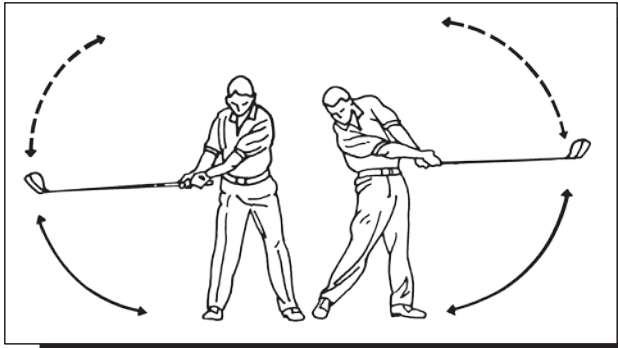


Golf Swing Warm-Up – Home Exercise Program

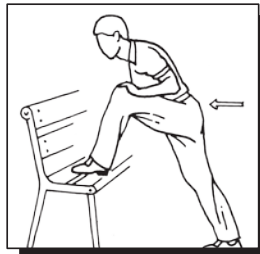
1. Swing warm-up

Begin slow partial swing. Progress to full swing.
Repeat 30 to 50 times.



2. Hip stretch

Hold for 30 seconds
each side.



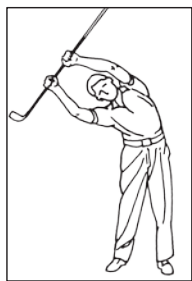
3. Neck and back rotation

Turn head to the left
and bring right shoulder
toward left knee.
Repeat 5 times each side.



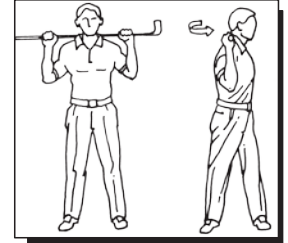
4. Arm reach and side bending

Arms overhead.
Bend to each side slowly,
keeping feet flat on the ground.



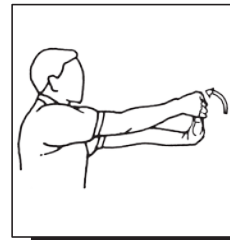
5. Back rotation

Twist at the waist
slowly, keeping feet
flat on the ground.
Repeat 5 times slowly.



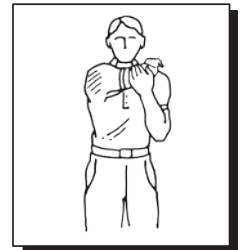
6. Wrist / forearm stretch

Pull hand down and hold for 30 seconds.
Pull hand up and hold for 30 seconds.



7. Shoulder stretch

Stretch arm across chest.
Hold for 30 seconds.
Repeat on opposite side.



*Stretches should be slow and controlled –
no bouncing! Hold each stretch 30 seconds
pain free.*