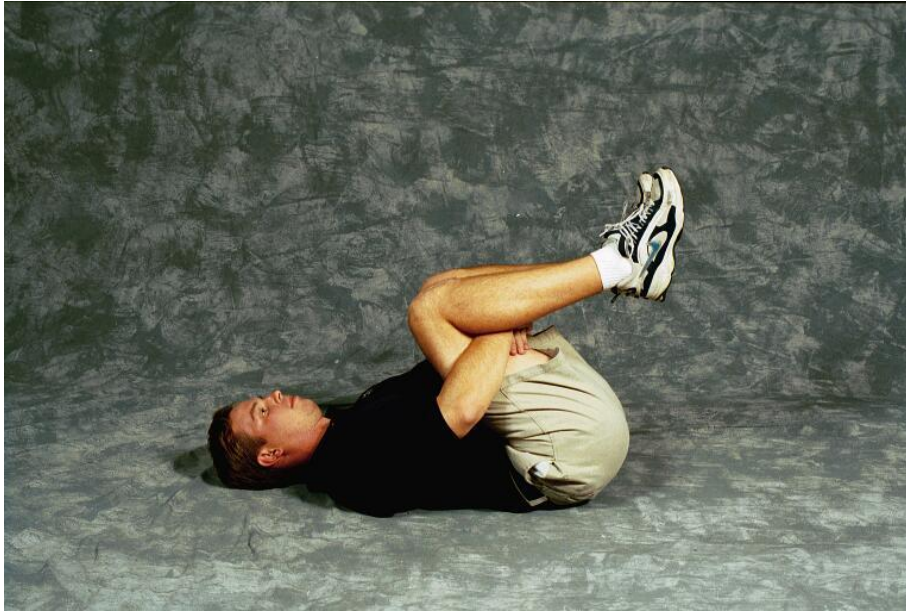


## DOUBLE KNEE TO CHEST STRETCH



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**Purpose:** To release tightness throughout hamstring and glute. To improve lumbar mobility.

**Benefit:** Able to achieve ideal spine position and address golf ball in proper power position.

**Instruction:**

- From a supine position, bring both legs up until tightness is felt in back of legs and glute.
- Use arms under knee to pull legs up.
- Hold until tightness is relieved.

**Quantity:** \_\_\_\_\_ minutes