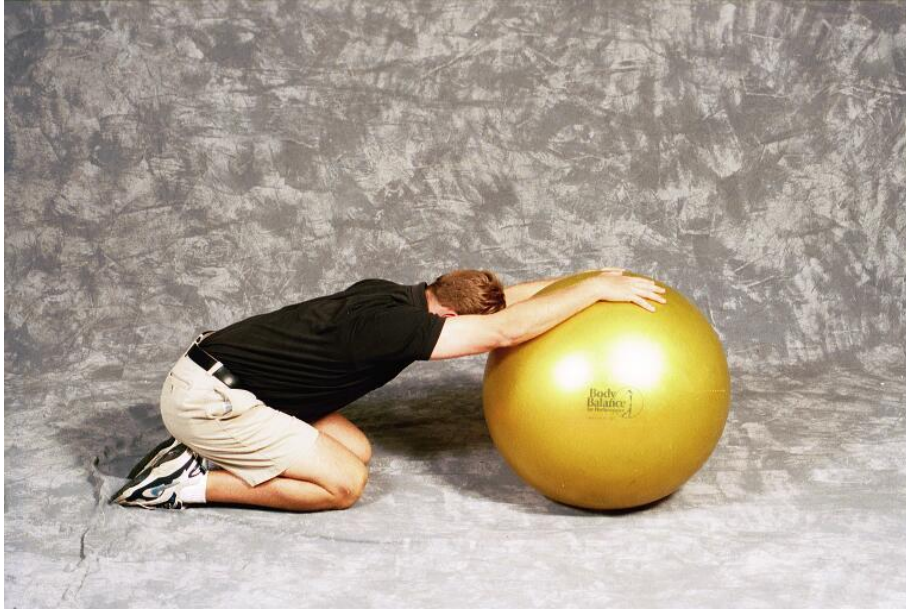


## PRAYER STRETCH



22: *Prayer Stretch*

**Purpose:** Releases side tightness, reduces thoracic kyphosis, releases loin back and hip tightness.

**Benefit:** Improves posture at address and ability to rotate through the swing.

**Instruction:** Place both hands on top of the ball. Keep shoulder blades slightly squeezed while walking hands out from ball. Lower your hips so you are sitting on your heels, lower head between arms, allow spine to arch or flatten toward floor. You may increase the stretch by rolling forward off your heels and holding the stretch while contracting your abdominal muscles.

**Quantity:** Hold \_\_\_\_\_ reps \_\_\_\_\_