

PRAYER STRETCH WITH TWISTING



23 A: Right



23 B: Left

- Purpose:** Releases side tightness, reduces thoracic kyphosis, releases back and hip tightness.
- Benefit:** Improves posture at address and ability to rotate through the swing.
- Instruction:** After you have performed the prayer stretch straight ahead, roll ball to each side to get a more intense side stretch on the side opposite the ball.
- Quantity:** Hold _____ reps _____