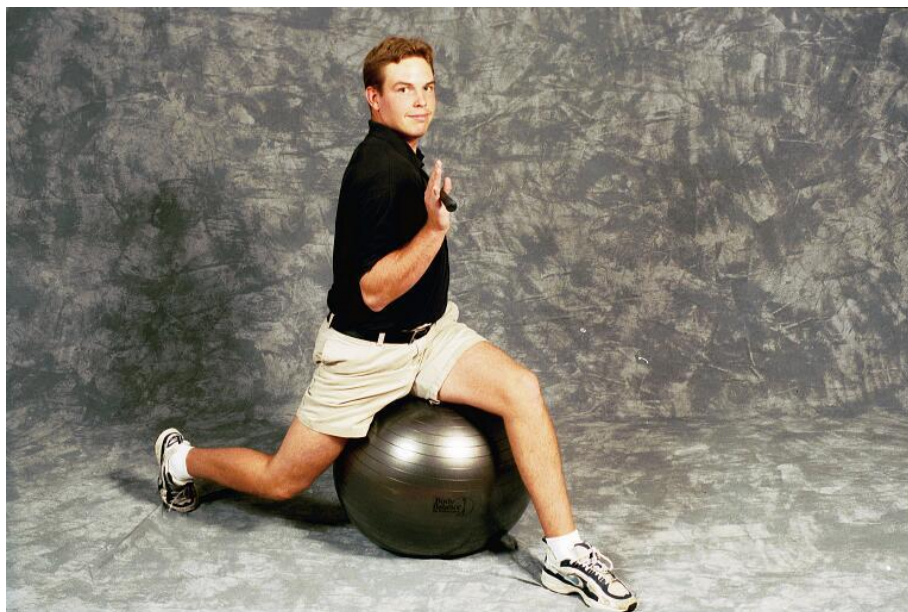


STRADDLE WITH ROTATION STRETCH



29

- Purpose: To release thoracic spinal rotation tightness and hip tightness.
- Benefit: Improve trunk and hip rotation during backswing and follow-through.
- Instruction:
- Place one leg on side of swiss ball and one leg on other side of swiss ball.
 - Place golf club across shoulder blades, keeping lower body stable, rotate to one side.
 - Stretch should be felt in lower/middle back and hips.
- Quantity: _____ minutes