



## Inch Worm

**Purpose:**

Increases flexibility in calves, hips and spine.

**Benefit:**

This exercise improves flexibility in your golf swing.

**Instructions:**

Start out in a push up position, with your feet flat, walk/inch your feet forward towards your hands, feel the stretch in your calves. Then walk your hands forward, repeat with your feet.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets.

