



## Prayer Stretch With Twisting

### Purpose:

Releases side tightness, reduces thoracic kyphosis, releases back and hip tightness.

### Benefit:

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

### Instructions:

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 \_\_\_\_\_

