



Side Lying Trunk Rotation Stretch

Purpose:

To release tightness throughout hamstring and glute. To improve lumbar mobility.

Benefit:

Improve trunk and hip rotation during backswing and follow through.

Instructions:

Begin in side lying position with legs bent and together. Rotate upper body to face opposite side while keeping lower body stable. Rotate until stretch is felt in back and hips.

Quantity:

Hold _____ minutes _____ reps _____ minutes

