



Butterfly Stretch

Purpose:

This drill will help obtain more mobility/flexibility in the hips and groin area.

Benefit:

This exercise improves lower body mobility in your golf swing.

Instructions:

Begin this drill by sitting down and bringing both feet together out in front of you. Grab ankles and try to place the soles of both feet together. Allow both knees to fall gently to the floor. While doing so, bend slowly forward from the hips with an erect spine angle. This will allow for a stretch of the hips and groin. The closer your feet are to the crotch of your pants, the greater the stretch will feel. Always perform stretches in a slow and controlled manner.

Quantity:

Do _____ reps _____ sets.

