



Open Books

Purpose:

This exercise helps develop better flexibility in your pec muscles, upper spine and rib cage, and overall shoulder joints.

Benefit:

This exercise improve overall rotation in your golf swing.

Instructions:

Lie on your side with your knees bent and your hands extended out in front of you. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your arm at chest level. Return and repeat on both sides.

Quantity:

Do _____ reps _____ sets on _____ side(s).

