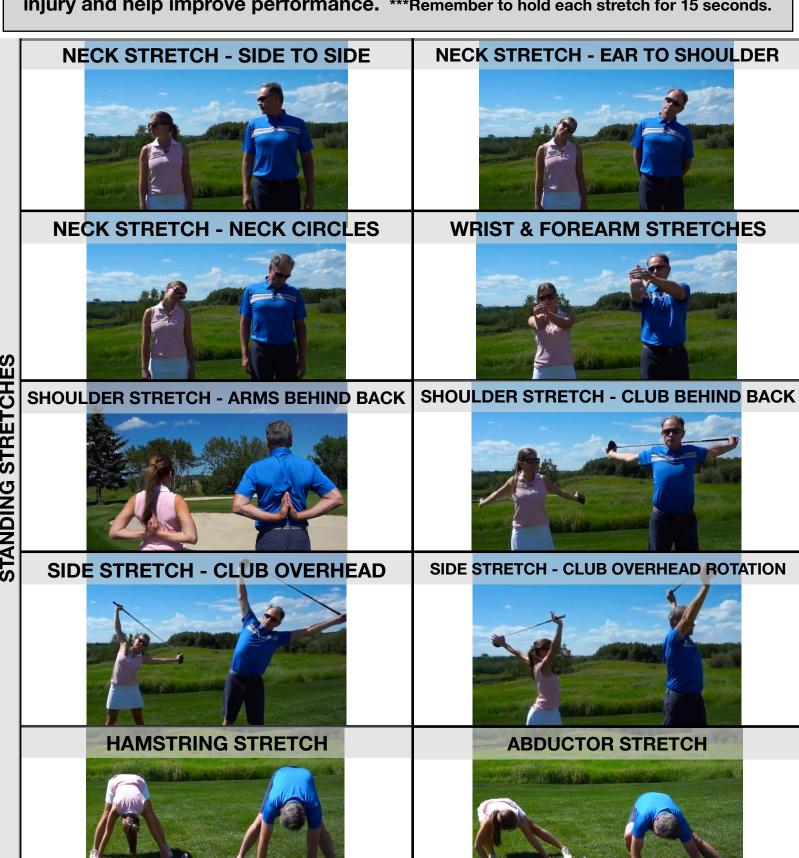
STANDING STRETCHES & FUNCTIONAL MOVEMENTS FOR GOLF

It's very important to stretch and warm-up before any physical activity. Here are some stretches and functional movements to do before your game, to reduce injury and help improve performance. ***Remember to hold each stretch for 15 seconds.







WRIST/FOREARM ROTATIONS





SQUAT WITH OR WITHOUT OVERHEAD







UPPER BODY ROTATIONS







TO LEARN MORE ON GOLF STRETCHES OR TO WATCH THE FULL VIDEO GO TO http://www.mcplus.ca/stretches.html

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