

PLAY GOLF CALGARY

QUICK 5 MINUTE

PRE ROUND STRETCHES

1
MINUTE

BENDING TOE TOUCH

Standing with feet together, bend down with arms extending to touch toes. Keep knees locked while going down.

HELPS: the lower back and hamstrings

1
MINUTE

STANDING LAT TWISTS

WITH OR WITHOUT CLUB

Standing with feet shoulder width apart in a slightly bent position, take driver with one hand on grip and other above head with arms extended in front. When in position twist from side to side, keeping the arms completely extended.

HELPS: the back and lateral muscles

1
MINUTE

ARM ACROSS BODY SHOULDER STRETCH

BOTH ARMS**

Standing with feet shoulder width apart, extend arm across the chest using the other arm to pull arm closer to the body.

HELPS: shoulders and upper back

1
MINUTE

ARM OVER HEAD TRICEP

BOTH ARMS**

Standing with feet shoulder width apart, extend arm up. Using the other hand, grab the elbow and pull behind head until you feel a strain in shoulder

HELPS: shoulders, upper back and triceps.

1
MINUTE

STANDING LOWER BACK

Standing with feet shoulder width apart and hands on grip of club, bend forward making back flat. Don't forget to use a club to support yourself.

HELPS: lower back

YOU ARE READY TO HIT THE LINKS!!

POST ROUND

STRETCHES

OVERVIEW

Stretching is a vital part of the pre-golf routine. Stretching before playing will help you generate better flexibility, leading to a smoother, more comfortable golf swing. But stretching can also be invaluable after your game of golf. When the muscles are warm from playing, having a stretching routine will allow you to increase circulation to joints and tissues, relax the muscles for the rehabilitation period and get rid of waste products, all of which reduce muscle soreness and stiffness after the game.

Lower Back

Your lower back is under a lot of stress during a game of golf. There are a couple of **STATIC STRETCHES** that can be applied **IMMEDIATELY AFTER YOUR ROUND** that will help your recovery time.

Knee Lifts

You can do simple knee lifts while standing, bringing one knee up to your chest and holding for 5 seconds.

DUAL MUSCLE STRETCH

You can also find a spot to lay down and bring both of your knees up to your chest holding them tight by wrapping your arms around them.

BONUS STRETCH

for Lower back relief by keeping your back flat on the ground and bringing one leg over the other and holding the stretch.

Hamstrings

During a round of golf, the rotation of your body along with the constant force on your legs will tighten your hamstrings. If you leave them without stretching, they will tighten up and make it hard to walk. Recreate the back knee lift position modify it by extending your legs straight down, lifting one leg and, while keeping it straight, place your hands under your thigh. Lift on the leg gently to bring it up while focusing on keeping the leg straight.

Hips and Glutes

Along with the hamstrings, the hips--from rotation--and glutes--from weight shift--are among the most-used muscles in the golf swing. You can stretch your hips and gluteal muscles by using a static exercise called the **CROSSOVER**. To do this, you'll want to lay on your back with a wall at your feet.

- Set your feet on the wall so that your knees are bent at 90 degrees.
- Take your right leg and cross it over your left thigh, making sure you keep your back flat on the ground.
- Place your hands on your left thigh and pull it toward the ground until you feel stretching on the outside of your left hip. Hold this for 20 seconds and then switch legs.

DONT WAIT

Your muscles are still warm from the golf game, so they will be more receptive to this quick easy routine. If you wait until you get home or for later in the day, your muscles will have cooled down and will be harder to get them warmed up again, with the possible risk of a pull or other injury.