

## Flexibility Training for Golf

“If you look at some of the players on tour who can really bomb it - guys like Hank Kuehne and Charles Howell - they’re not the most physically intimidating athletes. But they all are very flexible players who can generate tremendous club head speed while swinging in balance. That’s also one of the keys to my power. I’m convinced that if you increase your flexibility, you’ll add power to your swing.”  
- Tiger Woods

Flexibility in golf must focus on developing and maintaining an optimal range of motion about the shoulder joint, the spine, the pelvis and hips, and all through the leg muscles and joints. Rotational flexibility is very important in many aspects of the golf swing. Active (moving) stretching should be performed before you practice and play. Traditional slow stretching where you hold a stretch for a long time (20 - 30 seconds) can be done after you play and practice.

We recommend that you take about 10 minutes per day to stretch. We recommend that a) all stretches be held for at least 20 – 30 seconds, b) you must breathe continuously and smoothly during all stretches, c) stretch to the point of tension, not of pain, and d) incorporate stretching into the daily practice routine – again after you finish your play or practice.

### Exercise #1: Cats & Dogs

**Perform a few times- hold for 3 - 5 breaths in each of up and down position.**

**INSTRUCTIONS :** Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.



## **Exercise #2: Cross over Hip Stretch**

**Perform a few times per side - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Begin this drill by laying flat on your back with both knees up and feet flat on the ground. Next, take your right ankle and cross it over your left knee, and allow the left knee/right ankle complex to fall slowly down to the ground on the LEFT side. While the complex is slowly lowering to the left, place left hand on the RIGHT knee and gently aid this slow lowering of the legs. Once the legs have fallen completely to the left and your left hand is pulling the right knee towards the ground, you may turn your head to the right to try and get the maximum out of the stretch. Always perform this stretch in a very slow and controlled manner, never to the point of pain. Repeat procedure on opposite side.



### **Exercise #3: Figure 4 Stretch**

**Perform a few times per side - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Lying flat on your back with your knees bent and feet flat on the ground, cross your right foot over your left knee. Keeping your right foot on your left knee, reach down and grab your left thigh with both hands and pull your knee to your chest. As your knee and foot get closer to your chest you will get a great stretch in your right hip and piriformis. Repeat on both sides.



### **Exercise #4: Hip Flexor Stretch With Reach & Side Bend**

**Perform a few times per side - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Begin this drill by taking a half kneeling position with your right knee/foot out in front of your left knee. Using the wiss ball for support and balance, slowly thrust your pelvis towards the ball without arching the back. A good cue for this thrust movement is to feel your belt buckle moving upwards and towards your ribcage. Once you obtain the thrust position with your pelvis, take your right arm and extend it overhead and then slowly stretch it towards the left side, keeping it inline with the body and not moving forward or backward. Maintain left hand contact with the swiss ball the entire time so as to keep your balance and posture in a neutral position. Repeat entire drill on left side as well. Always perform in a slow and controlled manner, never to the point of pain or discomfort.



### **Exercise #5: Scorpions**

**Perform a few times per side - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Lie face down with your arms out to your sides and your legs extended. Keeping your arms in contact with the ground, try to lift your right foot up and touch your left hand. Bring your foot back and repeat on the other side. Only go as far as comfortable and stop if there is any pain.



### **Exercise #6: Prayer Stretch**

**Perform a few times - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms on a Swiss Ball and slowly roll the ball straight out in front of you. Go until you feel a big stretch in your lats and stop if there is any pain.



### **Exercise #7: Side Stretch Over Ball**

**Perform a few times per side - hold for 5 - 10 breaths.**

**INSTRUCTIONS :** Lie on your side on top of a Swiss ball. Spread your feet for support and place the ball along the side of your rib cage. Lie completely across the top of the ball and reach your top arm over and across to stretch the lat. Hold for two breaths and return.



### **Exercise #8: Squat and Arch**

**Perform a few times - hold for 5 - 10 breaths.**

**INSTRUCTIONS:** Sitting on a Swiss ball, place your arms up in the air over your head. Now roll out over the ball until your head gets supported by the ball. Drop your butt down towards the ground into the squat position, then push from your legs and arch back over the ball. Try to keep your spine as close to the ball as possible. Repeat back and forth.

