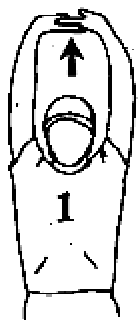
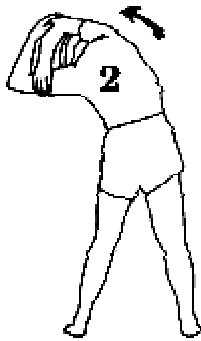


## Stretching

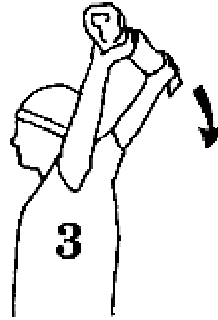
The stretching illustrations below should be carried out before & after golf. They take approx 6 to 10 minutes to complete & will help with Flexibility & Range of Motion.



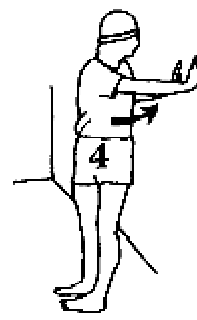
15 seconds



10 seconds  
each side



15 seconds



15 seconds  
each side



30 seconds  
each leg



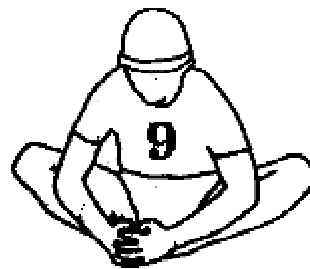
30 seconds



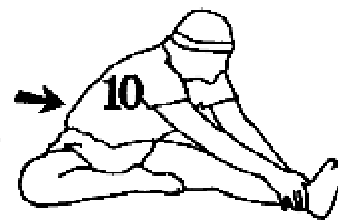
20 seconds



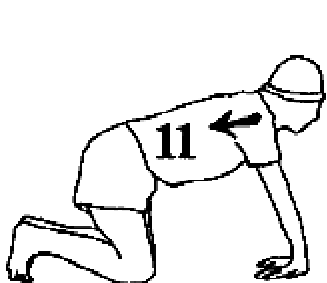
25 seconds



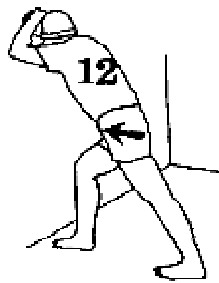
30 seconds



30 seconds  
each leg



20 seconds



20 seconds  
each leg