

Golf Stretches to Perform

Before you can begin practicing it's critical to stretch. With all the different muscles you use in a golf swing it is very easy to pull a muscle and sideline you for a few weeks. Stretching increases your flexibility and allows you to make better turns in your swing which can ultimately add some distance to your clubs.

The following are several stretches I recommend doing when you get to the golf course each day:

Toe Grab- Bend over and touch your toes with legs staying as straight as possible for 10-15 seconds. This will stretch your hamstrings out. You commonly do this on the course without realizing it when you pick up your ball from the hole.

Slow Twists- Extend your arms out on each side of your body and twist in each direction multiple times to loosen up the back while keeping your feet planted and lower body still.

Arm Circles- Extend your arms out on each side and move them in a circular motion forwards for your first set and backwards for your second set.

Shoulder/Chest Stretch- Hold a club out in front of you horizontally with a hand on the grip and another hand near the head of the club. Raise it over your head behind you to stretch out your chest and shoulders.

Wrist Stretch- Hold a club in the center of the shaft with one hand so that equal lengths of the club remain on each side of your hand. Now rotate your wrist from palm up to palm down and back several times then switch hands. Your wrists are easily injured in the swing so make sure they are warmed up and loose as well as your back.