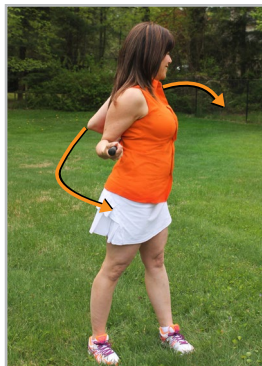




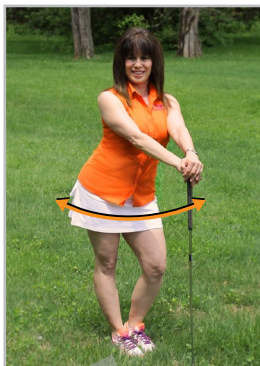
## FOREARM / WRIST STRETCH

Hold club in front of body at shoulder height, palms down, with hands shoulder distance apart. Flex hands upwards. Flex hands downwards. Repeat 5 times.



## TWIST

Place club behind body at middle of back. Standing tall with a straight back, twist body from side to side. Repeat 5 times.



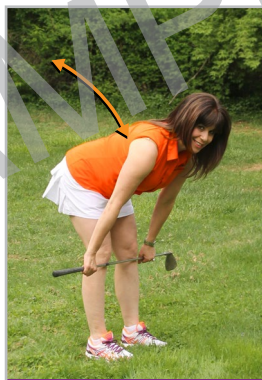
## PELVIS / HIP PRESS

Keeping shoulders and chest still, slowly turn pelvis and hips to the right. Hold stretch for 5 seconds. Return pelvis to midline and repeat to the left. Repeat twice.



## SHOULDER SQUEEZES

Hold club behind head and keep arms at shoulder height with elbows bent at 90°. Lower your shoulders and squeeze shoulder blades together toward the spine. Repeat 5 times.



## HIP HINGE

Holding golf club, bend down until club is at or just below knees. Hold stretch for 5 seconds. Slowly return to upright position keeping back & arms straight. Repeat 3 times.



## SIDE STRETCH

Hold club over your head with arms in a wide V. Keeping back straight & looking forward, stretch from side to side. Repeat 5 times.



## LUNGE AND TWIST

Stand with legs hip width apart and take a big step backward with right leg behind. Lower body so that left knee is bent at 90°. Keeping back upright, twist body to left. Hold stretch for 15 seconds. Make sure knee does not extend over front foot. Switch legs and repeat, twist to the right.

All exercises are done at your own risk

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