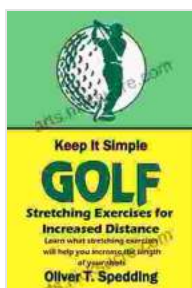


# Keep It Simple Golf Stretching Exercises For Increased Distance

Golf is a great way to get exercise and enjoy the outdoors, but it can also be a challenging game. If you're not careful, you can easily injure yourself. One of the best ways to prevent injuries and improve your game is to stretch regularly.

Stretching can help you increase your range of motion, improve your flexibility, and reduce your risk of injury. It can also help you swing the club more efficiently, which can lead to increased distance.



## Keep It Simple Golf - Stretching Exercises for Increased Distance by Simon Needham

★★★★☆ 4 out of 5

Language : English  
File size : 439 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 19 pages



There are many different golf stretching exercises that you can do. Here are a few simple exercises that you can do to get started:

### 1. Arm circles

Stand with your feet shoulder-width apart and your arms extended out to the sides at shoulder height. Slowly rotate your arms in a clockwise direction for 10 repetitions, and then reverse the direction and rotate your arms in a counterclockwise direction for 10 repetitions.



## **2. Shoulder rolls**

Stand with your feet shoulder-width apart and your arms hanging down at your sides. Slowly roll your shoulders forward in a circular motion for 10 repetitions, and then reverse the direction and roll your shoulders backward in a circular motion for 10 repetitions.



### **3. Trunk twists**

Stand with your feet shoulder-width apart and your hands on your hips. Slowly twist your torso to the right for 10 repetitions, and then reverse the direction and twist your torso to the left for 10 repetitions.



#### **4. Hamstring stretch**

Stand with your feet shoulder-width apart and your toes pointed forward. Step forward with your right foot and bend your right knee. Keep your left leg straight and your heel on the ground. Slowly bend forward at the waist and reach for your right toes. Hold the stretch for 30 seconds, and then repeat on the other side.



## 5. Quad stretch

Stand with your feet shoulder-width apart and your toes pointed forward. Step back with your right foot and bend your right knee. Grab your right foot with your right hand and pull it up towards your buttocks. Hold the stretch for 30 seconds, and then repeat on the other side.



## 6. Calf stretch

Stand with your feet shoulder-width apart and your toes pointed forward. Step forward with your right foot and bend your right knee. Keep your left leg straight and your heel on the ground. Slowly lean forward and press your right heel into the ground. Hold the stretch for 30 seconds, and then repeat on the other side.

**RUNNER'S HAMSTRING & CALF STRETCH**

**TIP**

Keep both feet flat on the floor and your back knee straight.



## 7. Neck stretch

Stand with your feet shoulder-width apart and your toes pointed forward. Slowly tilt your head forward and tuck your chin to your chest. Hold the stretch for 30 seconds, and then slowly tilt your head back and look up at the ceiling. Hold the stretch for 30 seconds, and then repeat.



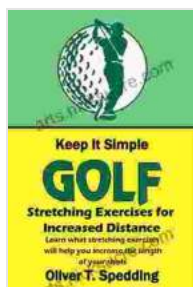
These are just a few simple golf stretching exercises that you can do to improve your flexibility and range of motion. By stretching regularly, you can help prevent injuries and improve your overall golf game.

### **Tips for stretching**



\* Always stretch before you play golf. This will help to warm up your muscles and prepare them for activity. \* Hold each stretch for 30 seconds. This will give your muscles time to relax and lengthen. \* Don't overstretch. If you feel pain, stop stretching and consult with a doctor or physical therapist. \* Stretch regularly. The more you stretch, the more flexible you will become.

By following these tips, you can help to improve your flexibility and range of motion, and reduce your risk of injury. So what are you waiting for? Start stretching today!



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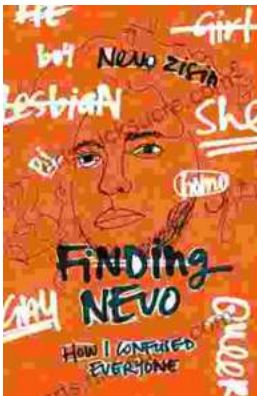
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