

# Heel Toe Raises

Press toes into ground, then lower

Press heels into ground while flexing toes upward



# Figure 4 Hip Stretch



Lift leg to hip height | Grasp ankle and knee/shin | Pull raised leg toward chest while activating the planted leg | Repeat both sides

Reps: 4



# Side Lunge

From a standing position, lunge until leading knee approaches 90 degrees and the knee is directly over the ankle | Repeat both sides

Reps: 4



# Step with Rotation



From a standing position, hold the club on both ends with both hands on the opposite side of the step

Initiate side step, plant, and rotate into lead leg

Repeat both sides | Reps: 4



# Overhead Squat



From a standing position, align feet shoulder-width apart with feet facing forward. Hold a club directly above the head.

Squat as far good form allows | Reps: 5



# Golf Prayer Stretch



From standing position, hinge hips forward while maintaining a flat back. Press down into the club for a deeper stretch.

Hold for 15 seconds.

Reps: 3



# Multi-Plane Ankle Mobilization



Locate a stationary, stable object. Start in a lunge position. Lift mobile knee toward chest, then extend directly back. Touch toes laterally to the right, then cross the body and touch toes on the left side of the left foot. Repeat both sides  
Reps: 2



# Golf Posture T-Spine Rotation



Start in golf posture. With club across chest, rotate in a backswing motion until restriction, return to neutral. Repeat motion with downswing.

From neutral rotate in a downswing motion while maintaining head position.

Reps: 5





# Wrist Flexion / Extension



Extend arms in front of the body while holding the club. Flex wrists so that knuckles face the ground, palms facing down.

Reps: 5 | Repeat motion with palms facing up.



# Baseball Swing

From a standing position, swing the club in a controlled fashion similar to a baseball swing. Repeat both sides.

Reps: 10

