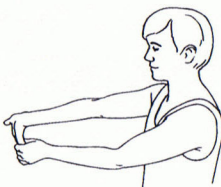




#### GOLFER'S ELBOW STRETCH

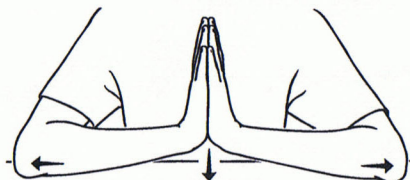


Start with elbow straight, palm up.

Grasp your palm with the opposite hand and bend the wrist back gently.

Feel the stretch along the inside of the forearm.

#### PRAYER STRETCH



Place palms together gently in front of you.

Slide hands down while keeping palms together.

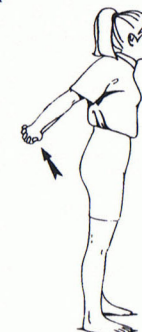
Feel the stretch on the inside of the wrist.

#### UPPER QUARTER STRETCH

Lace fingers behind back.

Push hands towards the floor while moving your arms away from your body.

Feel the stretch in the front of the shoulders and upper arms.



#### SHOULDER STRETCH

Gently pull on right forward elbow with other hand until stretch is felt in shoulder.



#### SHOULDER ROLL

Relax arms to your side.

Lift shoulders up towards your ears.

Push shoulders back.

Lower shoulders to starting position.

Exaggerate the movement to get the maximal benefit.

Feel the stretch in the upper back and shoulders.



#### UPPER TRAPEZIUS STRETCH

Sit up tall, shoulders relaxed, look straight ahead.

Tuck chin.

Tip head slowly and gently to the side while facing forward.

Feel the stretch in the neck and shoulder of the side you are leaning away from.

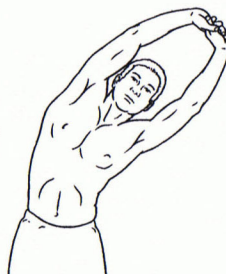


#### SIDE BEND STRETCH

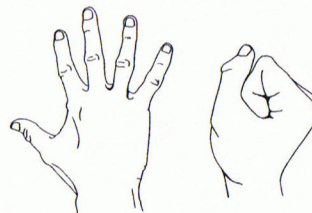
Hands clasped, reach up and over your head.

Gently stretch to the right until stretch is felt in your side.

Repeat stretch to the left side.



#### HAND CONTRACT/RELAX



Tighten fist. Hold 5 seconds.

Open hand wide. Hold 5 seconds.

Shake out.

#### BACK PUMP

Stand tall with hands on your hips or low back.

Lean back slowly and gently into comfortable arch in the low back.

Return to comfortable standing position.

Feel the stretch in the small of the back

