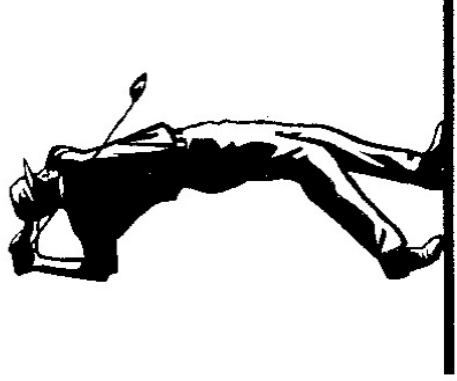
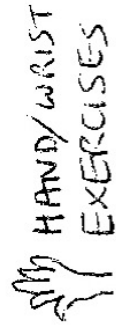


Golf



An asymmetrical activity, with rotation in one direction only. This unbalances overall posture. Requires lots of spinal rotation, resisted by the hips and strong legs. Requires released shoulders for full turn on back-swing. As golfers get older their swings become more in the arms and shoulders as the spine stiffens – so maintaining spinal flexibility is important. Good posture and a strong core will help rotation around a lengthened spine, rather than a rounded one. Golfers need good balance and good foot foundation to stay grounded amid the swing. Hands need to be stretched and worked to counterpose gripping of the club.



HAND/WAIST EXERCISES



CAT FOR SPINE & WRISTS



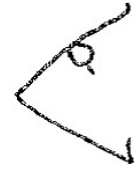
GATE FOR SHOULDERS/SPINE



STRENGTHENING BACKBENDS



SPHINX OR COBRA



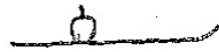
SPINE, CORE & HAMSTRINGS



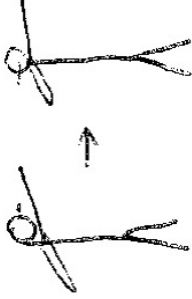
TADASANA FOR FOUNDATION



SHOULDER RELEASES



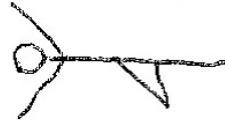
FEET/BALANCE



TWIST/MAGIC ARMS



HERON BALANCE



TREE BALANCE



FORWARD BEND