



Inch Worm

Purpose:

Increases flexibility in calves, hips and spine.

Benefit:

This exercise improves flexibility in your golf swing.

Instructions:

Start out in a push up position, with your feet flat, walk/inch your feet forward towards your hands, feel the stretch in your calves. Then walk your hands forward, repeat with your feet.

Quantity:

Do _____ reps _____ sets.

