



## Double Knee To Chest Stretch

### Purpose:

To release tightness throughout hamstring and glute. To improve lumbar mobility.

### Benefit:

Able to achieve ideal spine position and address golf ball in proper power position.

### Instructions:

From a supine position, bring both legs up until tightness is felt in back of legs and glute. Use arms under knee to pull leg up. Hold until tightness is relieved.

### Quantity:

\_\_\_\_\_ minutes

