



Single 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 one leg up until tightness is felt in back of leg and glute. Use arms under knee to pull leg up. Hold until tightness is relieved.

Quantity:

_____ minutes

