

5 Power Stretches for Increasing Club Head Speed



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You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any from GetGolfFit.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any workout programs, please follow your doctor's orders.

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Why Do We Stretch?

Finding the proper “groove” for your own personal golf swing can only be achieved if your body is free of muscle tightness and has good joint mobility.

Everybody is built differently... but the mechanics of a golf swing are the same. Do you ever wonder why certain people swing differently?

Essentially, their bodies are dictating how they can move the club through the swing.

Certainly, height plays a role in terms of swing plane, but the essential variables remain the same.

If your muscles are tight in your shoulders or hips, it is going to reduce your backswing (short backswing). No amount of swing coaching will be able to overcome the lack of mobility.

The good news is that with some hard work and effort, you can improve your range of motion.

Think about children when they are born.. they are like rubber bands.. *extremely flexible.*

As we age, we lose flexibility from lack of exercise and a sedentary lifestyle.

However, through hard work and patience, you can return your body so it is able to perform at a higher level and reduce the risk of potential injury.

The cornerstone of any golf fitness workout HAS to be stretching. Do

not kid yourself in to thinking you can just workout and jog a few miles and you will be crushing it.

To increase your range of motion, it is vital we perform certain stretches daily AFTER workouts – even on off days. These stretches do not take very long and will help the body to recover from your workouts and add valuable yards to your game.

For most, the word stretching is a four-letter word.

Let's *change* that for good.

If you don't use it, you will lose it.

Stretching will prevent any further loss of motion... if you do it consistently.

What I've created is a rather basic stretching protocol... I do have many more inside of the members area at <https://getgolffit.com/>.

However, don't use these stretches right before tee off. That's right, don't do this static protocol before teeing off, it is best left for when you roll out of bed in the morning and right before bed at night.

Don't worry though, head to my website where you can find my Pre-Round Warm Up: <https://getgolffit.com/blog-main/>.

The 5 Power Stretches Revealed

Perform the following stretches for 60 seconds each. If it is side specific, hold the stretching for 60 seconds per side.

Perform the stretching routine nightly.

Within a week, you should be feeling quite a bit better. Within a month, you will feel like a new person.

The Stretches

#1 Toe Hang

- ◆ Stand straight up with legs together.
- ◆ Slowly bend forward as far as it is comfortable.
- ◆ Keep knees locked or close to it.
- ◆ Keep your head down and do not look up.
- ◆ Squeeze glutes hard and breath in deep.
- ◆ Relax and let out breath and sink deeper in to hang.



#2 Cobra

- ◆ Lie prone on the floor. Stretch your legs back, tops of the feet on

the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.

- ◆ Press the tops of the feet and thighs and the pubis firmly into the floor.
- ◆ On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
- ◆ Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.





#3 Spine Rotation w/Club

- ◆ Sit in a chair with feet & hips planted solidly.
- ◆ Slowly turn your trunk clockwise and counterclockwise.
- ◆ Make sure your head moves with your torso.





#4 Piriformis Stretch

- ◆ Cross one leg in front of your body on the floor.
- ◆ Lean your chest over the top of your front leg while you sit back on your hips.
- ◆ Straighten out your back leg and bring it across your body to increase the stretch.



#5 Downward Facing Dog

- ◆ Really focus on calf muscles and try to get heels to touch floor. This may take time, but is integral in helping to create more power, length, and tension in your swing.
- ◆ Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips.
- ◆ Curl the toes under and push back raising the hips and straightening the legs.
- ◆ Spread the fingers and ground down from the forearms into the fingertips.
- ◆ Outwardly rotate the upper arms broadening the collarbones.
- ◆ Let the head hang, move the shoulder blades away from the ears towards the hips.
- ◆ Engage the quadriceps strongly to take the weight off the arms, making this a resting pose.
- ◆ Rotate the thighs inward, keep the tail high and sink your heels

towards the floor.



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