

MoveWell® GOLF DAILY DOZEN

1



Lateral Reach to the Wall

Stand on one leg, approximately two feet from a wall or table, with the stance leg closest to the wall. Turn and touch the wall at waist level with both arms as you squat down. Return to starting position. Perform 3 x 12 repetitions. Repeat on the other leg.

2



Single Leg Running Arms

Stand on your right leg with your knee unlocked and rapidly pump arms back and forth as if you are running. Be sure to keep your pelvis level during this exercise. Continue motion for 30 seconds and repeat while standing on the left leg.

3



Warrior Sequence

I. Take a large step forward with the right foot and lower yourself towards the floor as you reach up with your arms and press your hands together. II. Straighten your back leg and turn it 90° as you turn your shoulders and lower your arms to a "T". III. Square your pelvis to the front and turn your back leg to the front. Allow your back knee to bend as you turn your torso towards your front leg. Hold each pose for 5 deep breaths. Repeat to the other side.

4



Sky Reaches

Get into the push-up position with your weight through your hands and toes. Tighten your abdominal muscles. Reach with the right arm up toward the sky. Return to the starting position and repeat the same motion with the left arm. Alternate right and left arm lifts. Let your eyes follow the arm that is being lifted. Perform 2 x 10-12 repetitions.

5



Plank

Lie on your stomach, with toes on the floor and propped on your forearms. Draw your belly button towards your spine and lift your belly off the floor. Your body should be straight as a plank. Maintain this position for 1 minute. Repeat 3 times.

6



Superhero

Start in the high push-up position; activate the abdominal muscles by pulling your naval back toward the spine. Slowly lift your left arm and right leg. Hold this position for 10 seconds then return to start position. Lift the right arm and left leg and hold for 10 seconds. Alternate arm and leg lift for a total of 10 repetitions to each side.

7



Sagittal Club Stretch

Hold the golf club vertically behind your back. Make sure it contacts the back of your head and spine, to the level of your tail bone. Stand with your feet shoulder width apart, toes pointing forward and knees unlocked. Bend forward at the hips, keeping your back and head flat against the club. Feel the stretch in your hamstrings. Perform 10-15 repetitions.

8



Frontal Club Stretch

Stand with feet shoulder width apart, grasping the golf club at each end. Reach toward the sky with your right hand while you simultaneously shift your weight to your right foot. Keep the inside of your right foot in contact with the ground. Alternate side to side for 10-15 repetitions.

9



Transverse Club Stretch

Stand with your feet shoulder width apart and knees unlocked. Grasp the golf club at each end so that your right palm is up and your left palm is down. Shift your weight to your right leg while you rotate the club to reach high and behind you to your right. Keep your eyes focused on a point just in front of your feet. Make sure to keep the big toe of your right foot in contact with the ground at the top of this stretch. Perform 10-15 repetitions on each side.

10



Downward Dog

Assume a four-point position. With shoulders over hands and back straight curl the toes under while lifting the hips up and back as you straighten the legs. Breathe in the pose while allowing your head to hang in a relaxed position and attempting to bring the heels to the floor. Hold for 30 seconds before returning to hands and knees. Perform 3 times.

11



Revolving Triangle

Stand with your feet 3-4' apart, toes straight ahead, arms out to a "T". Turn both feet to the right and square your pelvis to the front. Exhale as you reach for the right foot with your left hand and the right arm reaches towards the ceiling. Look towards your right hand. Take 5 deep breaths. Return to the starting position. Repeat to the L side.

12



Sidelying Thoracic Rotation

Lying on your R side, bend your hips and knees to 90°. Place R hand on top of L leg to prevent your thighs from separating or sliding apart. Rotate your chest towards the ceiling while attempting to allow the L shoulder blade to come down to the floor. Inhale and exhale deeply. Hold for 1 minute. Repeat lying on L side.