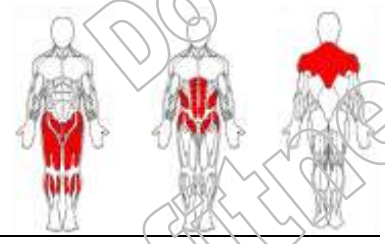


STRETCHING

GOLF



NECK



NECK



SHOULDERS



CHEST



FULL BODY



OBLIQUES



CORE



WRISTS



HAMSTRINGS & LOW BACK



CALVES

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



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