


Keeping Fit for Golf Warm Up Stretching Chart – CT095

<p>Description</p>	<ul style="list-style-type: none"> ◆ The "Warm-Up / Stretching chart" provides a routine of exercises to do before you go out to play or practice. It is an important chart to have in the driving range or locker room as warming-up properly is an important part of the game. ◆ The programme is made up of 10 exercises which mobilise and stretch the major joints and muscles that are working in the golf swing. Before starting the stretches it is advised to do at least 3 minutes of Cardio-respiratory exercise to get the blood circulating around the body. Jogging on the spot plus partial swinging then full swinging of the golf club is an excellent way to get the blood flowing through the muscles. ◆ Too many golfers do not take the time to warm-up properly before either going out to play or practising. You should spend about 15 minutes warming-up as each stretch should be held for about 15 seconds and be done 3 times to get the benefit. The programme should be an integral part of your warm-up on the driving range and it is important to rest and stretch after hitting some of the balls in the basket. eg Hit 10 - stretch - Hit 10- stretch and so on. It is also good to repeat the stretches during the round if needed. ◆ This stretching programme is also produced as an A6 size booklet which folds up and fits into a plastic wallet making it ideal for the golfer to keep in their golf bag to remind them of the stretches they should do. Maintaining your mobility and flexibility can help to improve your game and reduce the risk of injury. This is important for all age groups and standard of golfers and therefore it is essential that the teaching Golf Pro incorporates warming-up into their lessons.
<p>Details</p>	<p>N/A</p>
<p>Image</p>	 <p>The image shows two A6 size stretching charts for golf. The top chart is titled "STRETCH For Better Golf" and features a grid of 10 numbered stretching exercises, each with a small illustration of a person performing the stretch. The bottom chart is partially visible behind it and also contains similar content. The charts are designed to be practical and easy to use on a golf course.</p>