



Prayer Stretch With Twisting

Purpose:

Releases side tightness, reduces thoracic kyphosis, releases back and hip tightness.

Benefit:

Improves posture at address and ability to rotate through the swing.

Instructions:

After you have performed the prayer stretch straight ahead, roll ball to each side to get a more intense side stretch on the side opposite the ball.

Quantity:

Hold _____ reps _____

