



Stick Work

Purpose:

The Stick[™] is used to roll and release muscles in a variety of areas. This work improves flexibility in the area you work.

Benefit:

Improved flexibility in your body helps you move more efficiently and fully in your golf swing

Instructions:

Use the stick to gradually release and roll out all tender trigger points found in the muscle. Use gentle pressure on all stick rolling exercises and spend up to 60 seconds per trigger point that is found.

Quantity:

Do _____ reps _____ sets on _____ side(s).

