

### Spine Warm up/ Coccyx Curl in Standing

With knees slightly bent, exhale and tighten stomach muscles, pick up the pelvic floor, and flatten back by rolling pelvis down and forward (tail tuck). Inhale to return to your neutral stance.



Repeat 6 times.

### Centering, Balance, and Spinal Flexion

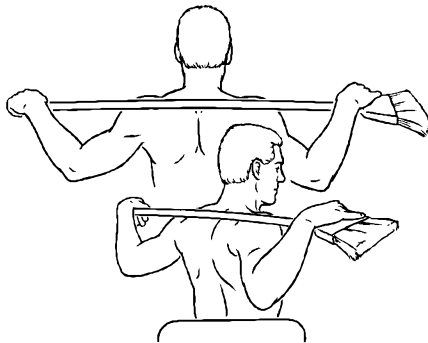
Inhale to prepare. Exhale while pulling your belly into your spine and lifting one leg to your chest. Hold your balance stable as you inhale to lower the leg. Repeat 4 times on one leg, then repeat the sequence on the other side.



### Spinal Rotation

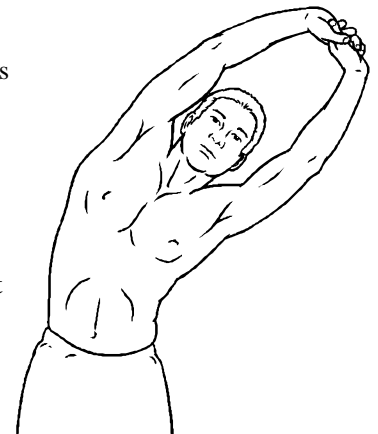
Hold golf club at upper back level. Take a deep breath in. As you exhale, rotate trunk to one side, inhale to return to center, exhale to rotate to the other side.

This exercise can be done in sitting and/or standing. Repeat 6 times to each side.



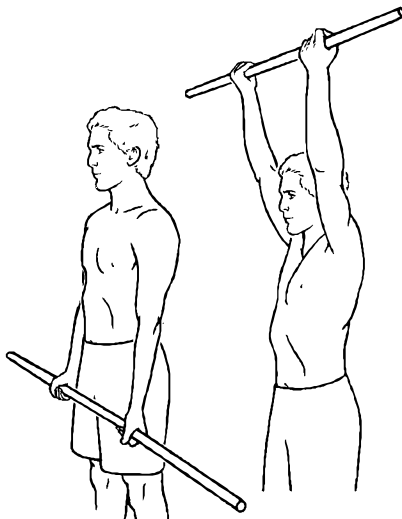
### Up and Over the Barrell

Inhale and reach your arms over-head. Exhale and bend (over an imaginary barrel) to one side. Inhale to return to center, exhale and bend to the other side. Repeat about 3 times to each side, making sure not to collapse the rib cage as you reach.

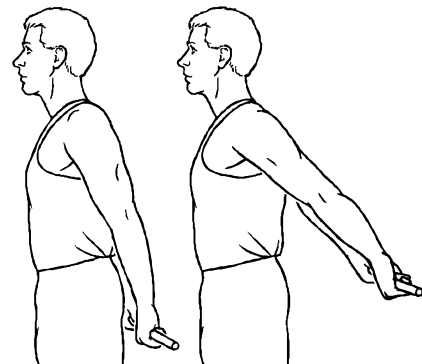


### Shoulder Flexion Stretch

Hold on to the golf club with both hands. Please use a hand grip that is comfortable for your shoulders- OVERHAND grip is preferable (not as pictured!). Inhale to prepare, exhale and bring golf club far overhead as you can. Inhale to return to neutral. Repeat 4 times.



### SHOULDER - 94 ROM: Extension – Wand (Standing)



Stand holding your golf club behind your back. Inhale to prepare, exhale and lift your arms as far as you can. Inhale to lower. Repeat about 4 times.