

GOLF SPECIFIC STRETCHES

1. Quadriceps



2. Back



3. Hamstrings



4. Glutes



5. Back & Glutes



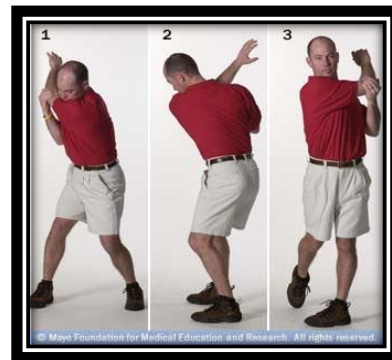
6. Hip Flexors



7. Forearms



8. Shoulders



9. Core

