

# STRETCH after a delay

Most amateurs, either after a delay in their round or following their halfway-house break, are happy to step straight up to their next shot. What they do not realise is that any delay in their round will cause a tightening of their muscles (specifically around the lower back and bottom areas) and will affect their next few shots.

**The following three stretching drills should be used to retain flexibility:**



**THE BENCH STRETCH** – If you have a bench nearby (on the tee for example), place one leg on the bench, keeping your hips and shoulders aligned. Breathe out and then bend forward, stretching out the muscles in the lower back and bottom. Hold for 30 seconds, before alternating legs. Repeat for two to three sets.



**THE CLUB ROTATION STRETCH** – Stand with your feet shoulder-width apart and your knees slightly bent. Push your bum out slightly and then place the club behind your back, as pictured. Rotate your torso, maintaining resistance from the lower back area.



**THE CROSS LEG STRETCH** – Stand with one foot placed behind the other. Keep the back leg straight, push your bum out slightly and stretch over and down to the opposite side from your back leg. You need to rotate and twist the torso to maximise the stretch. Hold the position for 30 seconds and then alternate the leg crossing.

These exercises are ideal since they can be done at virtually any spot on the golf course. Being more flexible and supple doesn't simply prevent stiffness, it also helps to create a bigger turn and wider swing arc, which results in more explosive power. Being flexible also helps to prevent injuries.



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