



Kiwi Golf Academy

Located @ Collage of the Desert Golf Center
73450 Fred Waring Drive Palm Desert CA 92260
Ph: 760 989-2394

Stretching

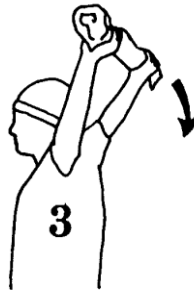
The stretches below can be carried out at anytime especially before & after golf. They take approx 6 to 10 minutes to complete & will help with Flexibility & Range of Motion.



15 seconds



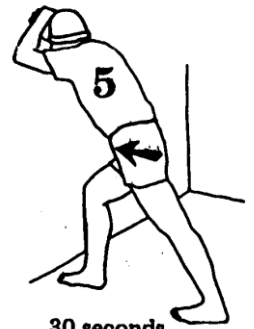
10 seconds
each side



15 seconds



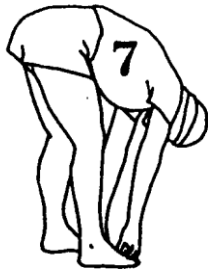
15 seconds
each side



30 seconds
each leg



30 seconds



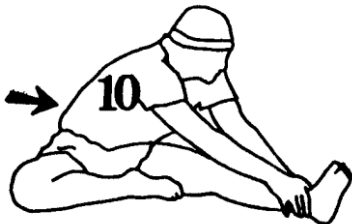
20 seconds



25 seconds



30 seconds



30 seconds
each leg



20 seconds



20 seconds
each leg

www.kiwigolfpro.com