



Located at **de Boers Golf Shoppe & Training Centres**  
5311 - 99 Street Edmonton, Alberta Ph: **780-430-8864**

## 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



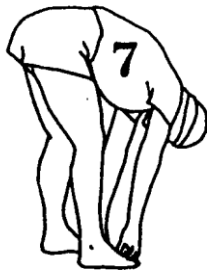
15 seconds  
each side



30 seconds  
each leg



30 seconds



20 seconds



25 seconds



30 seconds



30 seconds  
each leg



20 seconds



20 seconds  
each leg