

30 MINUTE STRETCH

30 Minute Stretch \$50



Flexibility is the most important training tool you can use to improve your golf swing. Next is balance training. Strength training is usually the first thing people think of for exercises to improve their swing. However, without flexibility you will not have the range of motion to properly implement any power gains you get from that added strength. On top of that, if you don't have good balance, which is basically controlled through your ankles, hips and torso, then you have an unstable stance. This prevents you from using 100% of your swing power and destroys your accuracy. By following a golf stretching program you will not only increase your power and reduce the risk of injury, it will also help you to maintain a more consistent swing pattern. And ultimately that means a lower handicap!



Call the Fitness Center to Sign up: 561-743-2191