

Your body is your most important club!



## VIRTUAL GOLF MOBILITY TRAINING SESSION

<a href="#"><u>Cat/Camel Spine Segmentation</u></a>	1-2 x 5
<a href="#"><u>Side Lying Open Book</u></a>	1-2 x 5 ea
<a href="#"><u>Hip Flow #1</u></a>	1-2 x 5 ea
<a href="#"><u>Deadbug</u></a>	1-2 x 10 ea
<a href="#"><u>Side Lying Cross Connect ISO Hold</u></a>	1-2 x 5 ea
<a href="#"><u>Hand Plank with Shoulder Tap</u></a>	1-2 x 10 ea
<a href="#"><u>Single Leg Adductor Rockback with Thoracic Rotation</u></a>	1-2 x 5 ea
<a href="#"><u>Half Kneeling Rotation and Lateral Flexion</u></a>	1-2 x 3 ea
<a href="#"><u>Half Kneeling Torso Rotation and Overhead Reach</u></a>	1-2 x 5 ea
<a href="#"><u>Single Leg Torso Rotations</u></a>	1-2 x 8 ea
<a href="#"><u>Lateral Squat Cross Connect with T-Spine Rotation</u></a>	1-2 x 8 ea
<a href="#"><u>Hip Airplane</u></a>	1-2 x 8 ea

\*Click the exercise for a video tutorial