

Randy Myers' **Golf Stretching Pole**

1-800-FULL TURN
www.golfstretchingpole.com

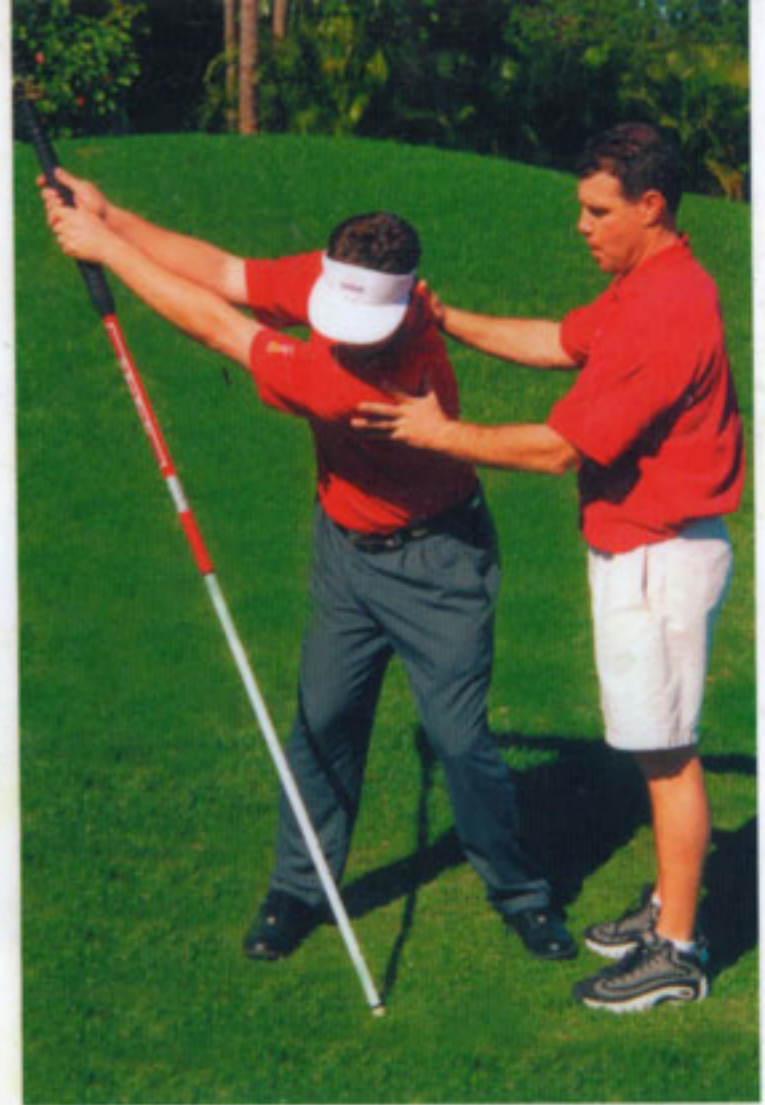
The only golf specific stretching device on the market.

"Good golf swings create club head speed through fundamental discipline, conditioning, relaxation, and range of motion."

—Randy Myers

Fitness Director,
PGA National Resort & Spa

Complies with USGA Rule 14-3 and may be stored in the golf bag for use while you play.



Flexibility is perhaps the most important aspect in making a correct and full golf swing. Poor flexibility can be detrimental to the development of a repeatable swing that utilizes your body's full potential. If a golfer does not have the proper flexibility to complete the turn, they will often finish the swing with a bad sway to the right, a serious bend of the left arm, or by picking up their head. Added flexibility not only helps prevent injury but also helps the turning of the torso on the backswing. This is the key element of a swing that produces power; a full balanced turn of the upper body, coupled with a lower body that resists this turn. The exercises on the reverse side will help you achieve this goal. Young or old, beginner or expert, the stretching pole will help you keep your athletic edge.

— Hugh Reilly, PGA Life Member

Call 1-800-FULL-TURN to order.



Randy Myers with the developer of the Golf Stretching Pole, Hugh Reilly, life member of the PGA.

NECK STRETCH



- Fully extend pole
- Stand up straight
- Feet shoulder width apart
- Place pole on side of left foot in line with shoulder
- Right hand on hip
- Grip Pole at shoulder height

- Straighten left arm
- Tilt head to the right
- Hold for 30 seconds

REPEAT FOR OTHER SIDE



ARM STRETCH



- Fully extend pole
- Stand up straight with feet shoulder width apart and knees slightly flexed
- Place pole in left hand 2" in front of left foot
- Right hand on hip

- Rotate arm behind you as far as possible
- Keep shoulders square
- Force out chest and pull shoulders back
- Hold for 30 seconds

REPEAT FOR OTHER SIDE



FULL SWING STRETCH



- Extend pole 2" over your head
- Stand up straight with feet shoulder width apart and knees slightly flexed
- Hold arms straight out in front of you
- Place bottom of pole where the ball would be teed up

- Turn to full back swing position
- Keep left arm straight
- Keep right knee inside foot
- Keep head centered
- To increase coil and turn, draw bottom of pole close to right foot progressively
- Hold for 30 seconds



BACK STRETCH



- Lower pole to chest height
- Place hands on top of pole
- Stand up straight with feet wider than shoulders and knees slightly flexed
- Hold pole at arm's length away with tip on ground

- Push arms away
- Bend from the waist and place head between arms
- Slowly go to a sitting position
- Hold for 30 seconds



ACROSS CHEST



- Fully Extend Pole
- Stand up straight with feet shoulder width apart and knees slightly flexed
- Place pole in left hand 2" in front of left foot
- Right hand on hip

- Extend left arm straight
 - Swing arm across body
 - Place right hand palm down on pole waist high
 - Keep hips square
 - Pull back on pole with right hand a flex knees slightly
 - Hold for 30 seconds
- REPEAT FOR OTHER SIDE



- For maximum stretching, drop to a sitting position slowly. You will feel additional back stretching
- Hold for another 30 seconds

- Swing to finished position
- Keep right arm straight
- Belt buckle facing target
- Right foot up on toe
- Back straight, stand tall
- Head faces target
- Hold for 30 seconds

