

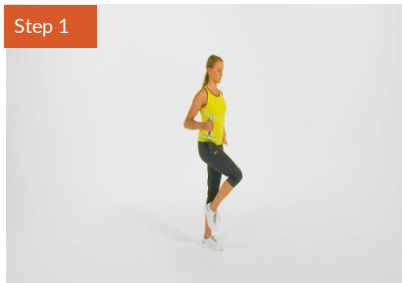
GOLF-DAILY MOVEMENT PROGRAM



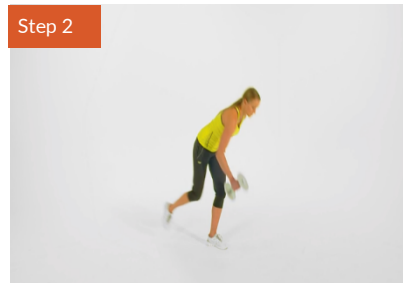
SINGLE LEG DEADLIFT

5 times each limb

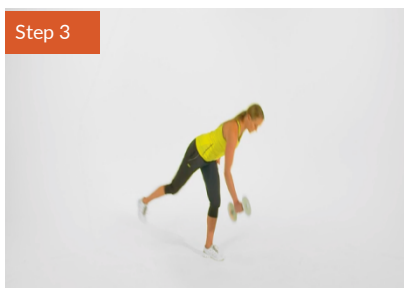
Step 1



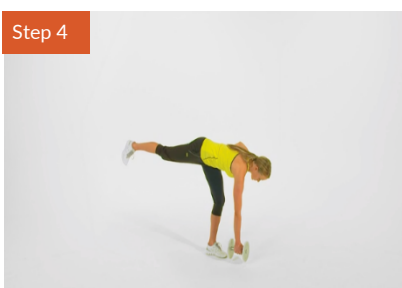
Step 2



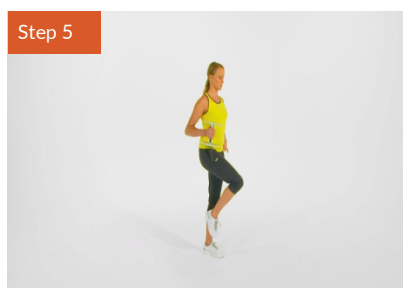
Step 3



Step 4



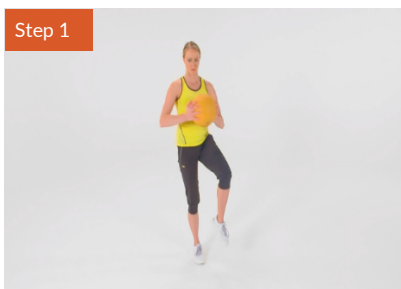
Step 5



SINGLE LEG ROTATIONS

5 times

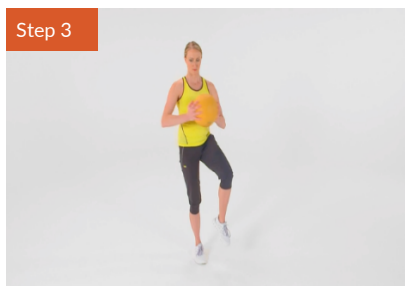
Step 1



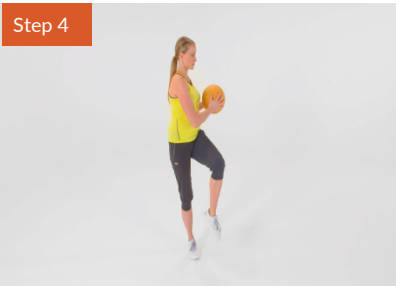
Step 2



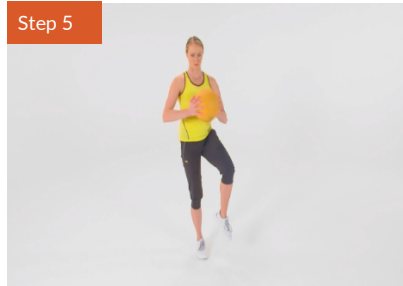
Step 3



Step 4



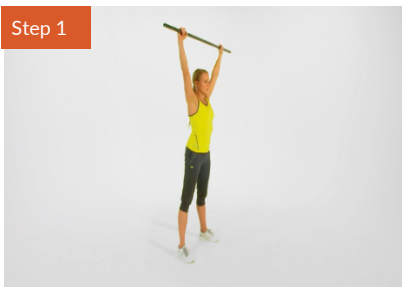
Step 5



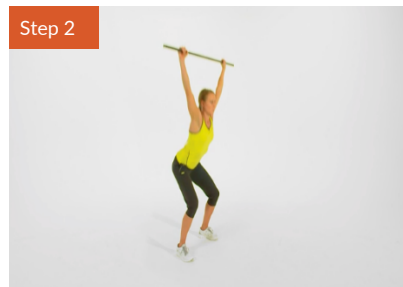
OVERHEAD SQUAT

5 times

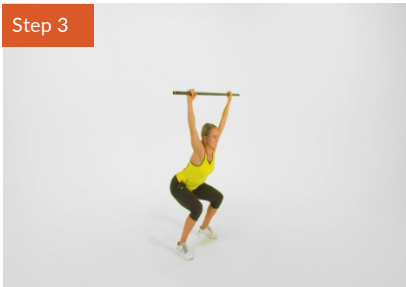
Step 1



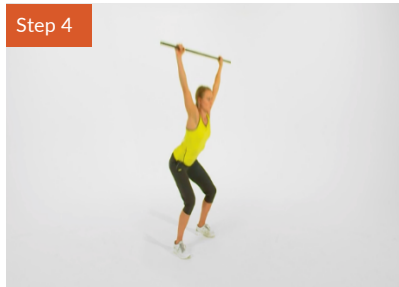
Step 2



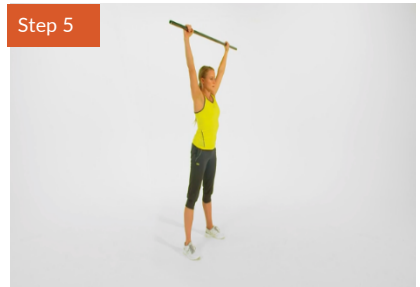
Step 3



Step 4



Step 5



TRUNK ROTATIONS

5 times each

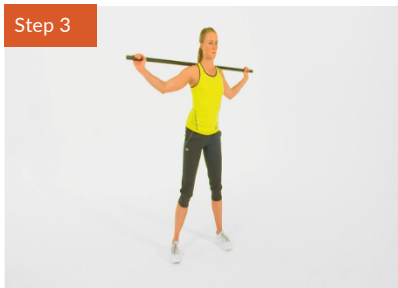
Step 1



Step 2



Step 3



Step 4



Step 5



LUNGE ROTATION

5 times each limb

Step 1



Step 2



Step 3



Step 4



Step 5

