Free Version



JEDEN TAG AN DEM DU NICHT TRAINIERST, IST EIN TAG, DEN DU LAENGER BRAUCHST, UM BESSER ZU WERDEN





MOBILITY

10 Shoulder Stretch

 $\left\langle 1 \stackrel{x}{\bigcirc} \right\rangle$ Club Lift To Overhead

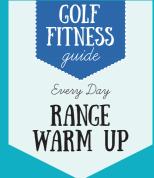


10 Bend And Tilt The Basin

10 Hip Rotation







ROTATION IN SET UP POSITION

EACH SIDE

Upper Body Rotation Arm Wide



Upper Body Rotation Arms Crossed





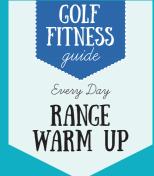
10

Golf Swing Imitation









STABILITY

10 Squads With Club Overhead

EACH SIDE

Standing Horizontally With Rotation





EACH SIDE

Lungs With Upper Body Rotation

