

## Senior Golfer's Daily Stretch Routine

Complete this quick 5–7 minute routine daily to stay mobile, reduce stiffness, and keep your swing pain-free.

- Seated Torso Rotations – Sit in a chair, arms crossed. Rotate gently side to side. 10 reps per side.
- Standing Side Bends – Stand tall, feet shoulder-width. Bend sideways with light weight or hand behind head. 10 reps per side.
- Pelvic Tilts – Lie on your back, knees bent. Flatten lower back against the floor, then release. 15 reps.
- Cat-Cow Spinal Stretch – On hands and knees. Arch back (cat), then drop belly (cow). 10–15 reps.
- Hip Openers (Butterflies) – Sit with feet together, knees out. Gently press knees toward floor. Hold 20–30 sec.
- Shoulder External Rotations – Elbows bent 90°, hold band or towel. Rotate arms outward slowly. 10 reps.
- Ankle Rolls – Sit in chair, extend leg. Roll ankle 10 times clockwise, 10 times counterclockwise.

✓ Do these stretches gently, never to pain. ✓ Total time: just 5 minutes a day for better flexibility and golf longevity.