

Bonus Senior Golfer's Stretch Guide

Quick Daily Stretches to Keep You Mobile and Pain-Free

Golf after 60 is all about maintaining mobility, balance, and pain-free movement. These simple, daily stretches can help:

- Improve flexibility
- Prevent stiffness
- Keep your swing smooth

✓ **No gym or special equipment required.**

Frequency

Perform **4–5 times per week**, ideally **before and after your round**.



SAFETY TIP

Always perform stretches gently—never to the point of pain.

If you have health concerns or existing injuries, consult your doctor before starting a new routine.

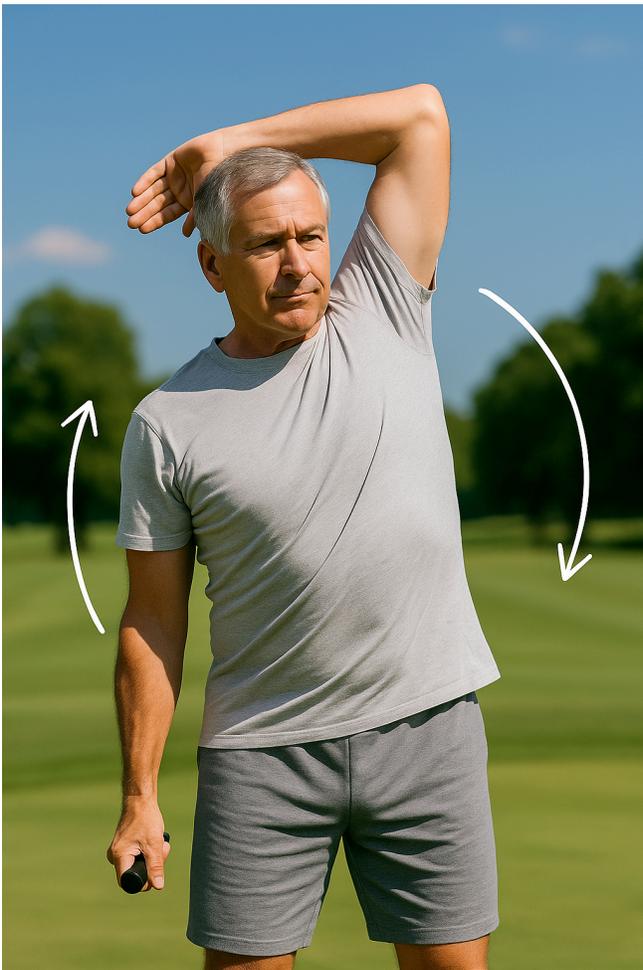
1. Seated Torso Rotations

- **Position:** Sit in a chair with arms crossed over your chest.
- **Movement:** Rotate your torso gently side to side.
- **Reps:** 10 per side.
- **Benefit:** Improves spinal mobility for better rotation in your swing.



2. Standing Side Bends

- **Position:** Stand tall with feet shoulder-width apart.
- **Movement:** Hold a light weight or place a hand behind your head. Bend sideways, reaching down your leg.
- **Reps:** 10 per side.
- **Benefit:** Stretches obliques for smoother turns.



3. Pelvic Tilts

- **Position:** Lie on your back with knees bent and feet flat on the floor.
- **Movement:** Flatten your lower back against the ground, then release.
- **Reps:** 15.
- **Benefit:** Strengthens deep core muscles for stability.



4. Cat–Cow Spinal Stretch

- **Position:** On hands and knees.
- **Movement:** Arch your back upward (*cat*), then lower it down (*cow*).
- **Reps:** 10–15.
- **Benefit:** Increases spinal flexibility and warms up back muscles.



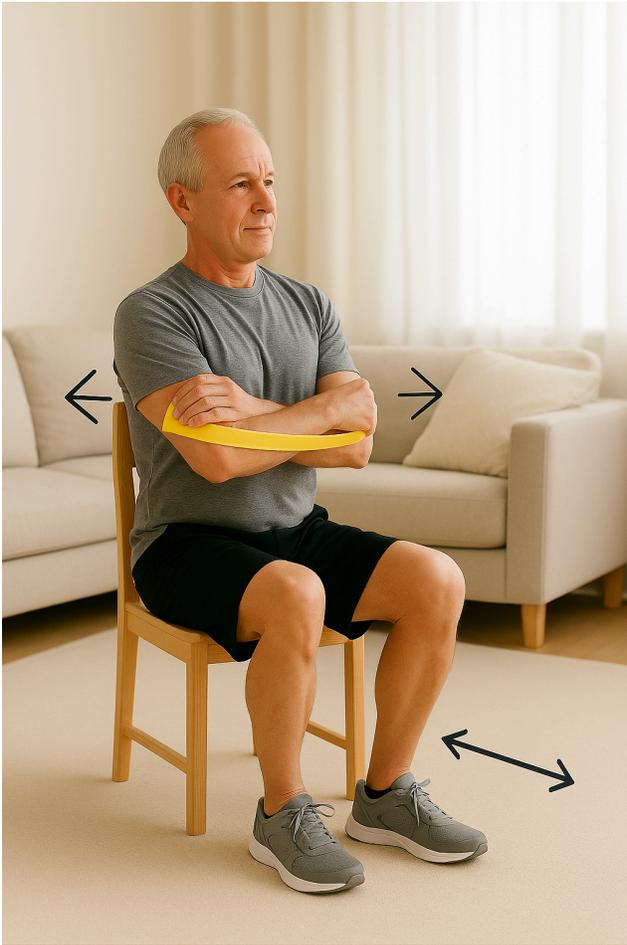
5. Hip Openers (Butterflies)

- **Position:** Sit with soles of feet together, knees falling outward.
- **Movement:** Gently press knees toward the floor.
- **Hold:** 20–30 seconds.
- **Benefit:** Improves hip mobility and balance.



6. Shoulder External Rotations

- **Position:** Sit or stand with elbows bent at 90°, holding a light band or towel.
- **Movement:** Rotate arms outward slowly.
- **Reps:** 10–12.
- **Benefit:** Strengthens shoulders and prevents overuse injuries.



7. Ankle Rolls

- **Position:** Sit in a chair and extend one leg.
- **Movement:** Roll ankle **clockwise** 10 times, then **counterclockwise** 10 times. Repeat with the other leg.
- **Benefit:** Improves balance and stance stability.



One Page Bonus Senior Golfer's Stretch Guide

Stay mobile, prevent injury, and enjoy a pain-free swing. Each section takes only 5–7 minutes.



SAFETY TIP

Always perform stretches gently—never to the point of pain.

If you have health concerns or existing injuries, consult your doctor before starting a new routine.

Daily Stretch Routine

Complete this quick routine anytime — morning, after golf, or on non-playing days — to reduce stiffness and maintain mobility.

- **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/towel. Rotate arms outward slowly. 10 reps.
- **Ankle Rolls** – Sit in chair, extend leg. Roll ankle 10 times clockwise, then counterclockwise.