

### The Importance of Breathing

Proper breathing is essential to increasing endurance during the season. It helps the body be free of tension. It also better connects the mind and body to facilitate greater focus, one-pointed concentration, and a greater sense of "feel" in the short game. Throughout the YFG program, remember to breathe continuously in and out through the nose.

### Benefits of the YFG Peak-Season Endurance Program

- Maintains blood flow to the muscles.
- Helps regulate core body temperature.
- Increases flexibility and strength.
- Improves core stability.
- Reduces the risk of injury.
- Strengthens mental focus and boosts confidence.

### Dynamic Stretching Do's & Don'ts

#### DO:

- DO breathe in and out through the nose.
- DO flex or engage the opposing muscle. For example, while stretching the hamstrings, engage or flex the quads.
- DO stretch before, during, and after your round to develop and maintain optimal muscle balance.

#### DON'T:

- DON'T bounce in the stretch.
- DON'T stretch injured or over-stretched, hyper-flexible joints and muscles.
- DON'T continue if you experience any pain in the muscle. Slight discomfort is acceptable, pain is not.

*As with all physical fitness programs, be sure to have your physician's clearance to participate.*

### #1 CORE STABILIZATION and STRENGTHENING POSE



Begin with a towel reaching over your head at a 45 degree angle. Press your navel and rib cage tightly against the ground. Maintain the connection as you slowly lift one foot slightly off the ground. Mindfully place your foot back to the ground. Repeat ten times on each side.

### #2 EXTENDED TABLE



Begin on your hands and knees. Spread your fingers wide focusing on the power in your palms and strength in your wrists, forearms and shoulders. Draw your navel towards your spine stabilizing your core. Extend your arm and opposite leg. Flex your foot, toes pointing towards the floor. Hold for five breaths. Switch sides, repeat two times.

### #3 TORSO ROTATION



Place your left leg at a ninety degree angle. Pull your navel towards your spine to create a powerful, stable core. Place your right hand on the outside of your left knee. Inhale deeply and on your exhale, twist slightly more. Repeat five times, switch sides.

For a more advanced twist, place your right elbow on the outside of your left knee. Your left hand sits on top of your right fist. Draw your right shoulder down and away from your right ear. Inhale deeply and on your exhale twist slightly more again. Hold steady for five breaths, switch sides.

### #4 LUNGE WITH TORSO TWIST



Place right leg forward at a ninety degree angle. Place your club at shoulder height. Inhale as you draw your navel toward your spine, exhale and twist your torso over your front leg. Repeat five times, switch sides.

### #5 HAMSTRING STRETCH with CHAIR



Place feet wider than hip width apart, with feet and legs slightly internally rotated. Place a small bend in the knees, activate the quads and hinge at your hips placing your hands on the back or seat of a chair. Hold for five breaths, repeat two times.

### Dynamic Conditioning Makes All The Difference!

- Continuous, dynamic movements are the most effective in preparing the body for golf.
- Dynamic stretches "alert" the neuro-muscular skeletal system for the explosive golf swing more effectively than static stretching.
- Dynamic movement helps maintain core temperature, coordinates movement and breathing (great for rhythm and tempo), and supports mental focus.

### To Your Success!

Ongoing adherence to the program is more important than duration. For maximum benefit, follow this at-home practice 3x per week throughout the golf season.



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### #6 STANDING QUAD STRETCH with STRAP



Balancing yourself with your right hand on the back of a chair, place a strap around the left foot. Holding the strap in your left hand, lift your arms, bending elbows and hands coming behind the head for quad and shoulder stretch at the same time. Knees stay together, press knee down and lift in the rib cage. Hold for five deep breaths, switch sides.

### #7 CHAIR POSE / GROUNDING EXERCISE



Begin with feet hip-width apart. Draw navel towards spine to stabilize core and lower back. Inhale and begin to lower glutes towards a ball or seat of a chair. Focus on sitting "back" into the chair. Exhale and imagine pressing your lower body into the ground as you rise back up to standing. Feel the connection to the ground. Pause for a breath or two, repeat five times.

### #8 WARRIOR 3



Place club over head or at waist. Balance on left leg with bend in left knee. Pull your navel towards your spine to activate your core. As you lift the right leg, your body lowers. Imagine your body moves in one piece and does not bend at the waist. Hold for three breaths, repeat three times. Switch sides.

### #9 LEGS UP THE WALL



Great pose for YOU as a golf professional and your golfers who might be playing multiple rounds each week!

Slide your legs up the wall. Place a towel under your head if your neck is hyper-extended. Simply relax in this position for 3-5 minutes.