



Stable Upper Body B (60 min)

Protection (5 min)

Exercise	Reps	Duration (s)
Ys on an Exercise Ball	8	30
Ws on an Exercise Ball	8	30
Hip Flexion (Hands and Knees)	10	60
Hip Internal Rotation (Side Lying)	10 ea	60
Hip External Rotation (Side Lying)	10 ea	60
Side Plank		20 to 30 ea



Golf Performance Programme: Stable Upper Body B

Movement (10 min)

Exercise	Reps	Duration (s)
Leg Cradle	4 ea	60
Walking Heel to Butt (Opposite)	8 ea	60
Inverted Hamstring Stretch (Backwards)	8 ea	120
Inchworm	12	120
Lateral Squat	10 ea	60
Reverse Lunge and Twist	6 ea	60
Core Rotation (1 Leg)	8 ea	60



Golf Performance Programme: Stable Upper Body B

Power (10 min)

Exercise	Reps	Duration (s)	
Overhead Throw	15	15	} x 2
Chest Pass	15	15	
Perpendicular Throw	15 ea	30	
Parallel Throw (Kneeling)	15 ea	30	
Rest		60	
Kettlebell Swing	15	30	} x 2
Prisoner Squat Jump	20	30	
Rest		30	



Golf Performance Programme: Stable Upper Body B

Strength (20 min)

Exercise	Reps	Duration (s)	
Bench Press (Alternating)	8 ea	30	} x 3
Bent Over Row (1 Arm, 1 Leg)	6 ea	30	
Rest		30	
Band Chop on an Exercise Ball	6 ea	30	} x 2
Band Lift (Half Kneeling)	6 ea	30	
Rest		30	
Curl to Press (Split Stance)	3 ea	30	} x 3
Push-Up (1 Foot on an Exercise Ball)	3 to 6 ea	60	
Rest		30	



Golf Performance Programme: Stable Upper Body B

Vitality (5 to 10 min)

Exercise	Reps	Duration (s)
Burpee with Push-Up	20	} x 4
Rest	20	

Recovery & Regeneration (5 min)

Exercise	Reps	Duration (s)
Foam Roller Lower Back		
Thoracic Spine Flexion		
Lat Stretch	8 ea	
Pec Stretch with an Exercise Ball	8 ea	
Shoulder and Triceps Stretch	8 ea	

Exercise Descriptions

Ys on an Exercise Ball

- Start by lying face down on an exercise ball, with your back flat and your chest off the ball. Keep your **abdominal muscles** engaged, and let your arms hang straight down in front of you.
- Slowly glide your shoulder blades back and down, and then slowly raise your straight arms up and slightly out to the sides, to form a “Y” shape with your body and arms, pointing your thumbs at the sky.
- Hold for one deep breath, in and out.
- Slowly return to the starting position and repeat.

Initiate the movement with your shoulder blades, not your arms. Keep your **abdominal muscles** engaged and your back flat throughout the movement.

You should feel a stretch through your shoulders and upper back.

Ws on an Exercise Ball

- Start by lying face down on an exercise ball, with your back flat and your chest off the ball. Keep your **abdominal muscles** engaged, and let your arms hang straight down in front of you.
- Lift your arms and bend your elbows to 90 degrees, squeezing your elbows in toward your ribs and pointing your thumbs up to the sky.
- Keeping your thumbs up, slowly rotate your thumbs back toward the ceiling, squeezing your shoulder blades back and down, to form a W shape with your arms.
- Continue to rotate your hands back as far as possible, keeping your elbows at your sides.
- Hold for one deep breath, in and out.
- Slowly return to the starting position and repeat.

Initiate movement with your shoulder blades, not your arms. Keep your **abdominal muscles** engaged and your back flat throughout the movement.

You should feel a stretch through your shoulders and upper back.



Hip Flexion (Hands and Knees) Exercise

- Start on your hands and knees, with your hands directly beneath your shoulders, and your knees under your hips.
- Pull your belly button into your spine, while maintaining a natural curve in your lower back.
- Move your hips backwards until you start feeling your pelvis rotating.
- Return to the start position and repeat for the desired number of repetitions.

Try to hold your pelvis still throughout the range of motion. Pull your hands back into the ground to help engage your torso. You should be able to breathe normally throughout this movement.

You should feel it working your lower back and mobilising your hips.

Hip Internal Rotation (Side Lying) Exercise

- Start by lying on your side, your **abdominal muscles** engaged, with your head resting on your bottom arm. Pull your bottom knee slightly towards your chest and rest it on the ground. Put your top knee in the air with your foot on the ground behind your bottom foot.
- Rotate your bottom leg, lifting your bottom knee towards the ceiling, keeping your top leg still and your feet on the ground.
- Return to the starting position and repeat for the desired number of repetitions.
- Switch sides and repeat.

Keep your torso solid and your **abdominal muscles** engaged throughout this movement. Keep your hamstrings relaxed, initiating the movement from the hip rotators in the inside of your hip.

You should feel it working the inside of the hip of your bottom leg.

Hip External Rotation (Side Lying) Exercise

- Start by lying on your side, with your knees bent at about 90 degrees, and your ankles, hips and shoulders all in a line.
- Keeping your heels touching, slowly lift your top knee up as far as you can.
- Slowly return to the starting position.
- Repeat for the desired number of repetitions.
- Switch sides and repeat.

Do not allow any movement through your torso during this exercise – focus on keeping your pelvis and lower back completely still.



Golf Performance Programme: Stable Upper Body B

You should feel it working the outside of your top hip.

Side Plank Exercise

- Start by lying on your right side with your legs straight and your left leg stacked directly on top of your right. Bend your right elbow and place it directly under your shoulder. Align your head with your spine and keep your hips and right knee in contact with the floor.
- Exhale as you slowly lift your hips and knees off the floor, keeping your **abdominals** engaged to brace your spine. The side of your right foot should stay on the floor. Keep your head aligned with your spine and your right elbow positioned directly under your shoulder.
- Continue to breathe, keeping your **abdominals** strong while holding this position for the desired amount of time.
- Inhale and gently return to your starting position.
- After the desired number of repetitions, repeat on the other side.

As you hold the plank, avoid rolling your pelvis backwards or bending at the waist.

Keep your torso solid and your **abdominal muscles** engaged throughout this movement.

You should feel it working your shoulders and torso.

If you are performing this exercise as part of a **Golf Loopy Golf Performance System** programme workout, and you are unable, at first, to hold the raised position for the prescribed amount of time, then perform as many repetitions as are required to complete the prescribed amount of time in total on each side. Gradually increase the amount of time that you hold the raised position as your strength increases.

Leg Cradle Exercise

- Start by standing in **perfect posture**, your knees unlocked, your arms at your sides, and your shoulder blades back and down.
- Lift your left foot off the ground and squat back and down slightly while standing on your right leg.
- Lift your left knee to your chest, and place your left hand under your knee and your right hand under your ankle.
- Slowly pull your left shin as close to your chest as you can while contracting your right **glutes**.
- Push tall with your right leg.
- Return to the starting position and repeat with the other leg.
- Repeat for the desired number of repetitions with each leg.



Golf Performance Programme: Stable Upper Body B

Maintain [perfect posture](#), keeping your chest up and back straight throughout.

You should feel a stretch through the outside of the hip of your lifted leg, and the hip flexors of your standing leg, as your balance is challenged.

Walking Heel to Butt (Opposite) Exercise

- Start by standing tall in [perfect posture](#), your [abdominal muscles](#) engaged and your chest up.
- Squat down and grab your right ankle with your left hand, pulling your heel to your [glutes](#) as you stand tall and raise your right arm overhead.
- Release and step forwards with your right foot and repeat the stretch on the other side.
- Continue for the desired number of repetitions on each side.

Engage the [glutes](#) of the leg that you are holding to help enhance the stretch, pointing your knee at the ground.

Maintain [perfect posture](#), keeping your back straight and [abdominal muscles](#) engaged throughout – do not arch your lower back as you stretch.

You should feel it stretching your quadriceps and hip flexors.

Inverted Hamstring Stretch (Backwards) Exercise

- Start by standing on one leg with [perfect posture](#), your arms raised out to your sides and your shoulder blades back and down.
- Slowly bend over by hinging at your hip, lifting your straight opposite leg behind you, keeping a straight line between your ears and ankle.
- When you feel a stretch, return to a standing position by contracting your [glutes](#) and hamstrings and stepping backwards.
- Repeat the motion, alternating legs with each step backwards for the desired number of repetitions with each leg.

Keep the knee of the leg you are standing on slightly bent, your back flat and your hips parallel to the ground. Maintain a straight line from your ear through your hip, knee, and ankle of your back leg.

You should feel a stretch through your hamstrings as your balance is challenged.



Inchworm Exercise

- Start by standing tall, in [perfect posture](#), with your feet slightly apart, engage your abdominal muscles to stabilise your spine.
- Gently exhale and bend forwards from your hips. Try to keep your knees straight but not locked. Slowly lower your torso towards the floor until you can place your fingers, or the palms of your hands, on the floor in front of your feet. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep your spine flat.
- Slowly begin to walk your hands forwards, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands forwards beyond a push-up position. Keep your shoulder blades pushed forwards, your belly button pulled into your spine, and your legs straight – a straight body bridge position.
- Keeping your knees straight (but not locked), push your hips up and walk your toes towards your hands using your ankles. Maintain a flat spine throughout and continue walking until your feet are close to your hands.
- Walk your hands back out to repeat.

Use small “ankle steps” to walk back up with your feet – don’t use your knees, hips, or quads.

To maximise the benefits of this exercise, and reduce the potential for injury, it is important to monitor the position of your spine throughout. Focus on keeping your spine flat and avoid any rounding of your lower back. Taking smaller steps will help you to maintain the correct body position. Keep your knees straight and your [abdominal muscles](#) engaged. Keep your chin tucked towards your chest so that your head is in line with your spine.

You should feel a stretch through your hamstrings, shoulders and torso.

Perform this exercise for 60 seconds as part of the [Golf Loopy Perfect Warm Up](#) routine.

You will feel like you’re having a mini-workout, raising your body temperature and breaking into a light sweat. If you’re not familiar with a dynamic warm up before you play golf, this may feel a little strenuous at first. Stick with it, your body will quickly condition itself to these exercises, and the benefits to your play will be significant. When you’re done, you will feel warmed up, rather than worn down. You’ll be better prepared to perform at your best, whether on the course or on the practice range.



Lateral Squat Exercise

- Start by standing tall with your feet about twice shoulder-width apart.
- Keeping your right leg straight, push your hips back and to the left.
- Bend your left knee and lower your body until your left thigh is parallel to the floor.
- Push through your left hip, returning to the starting position.
- Alternate sides and repeat for the desired number of repetitions.

Your feet should point straight ahead and remain flat on the floor at all times.

Do not let your knee on the squatting side slide forwards past your toes. Keep your opposite leg straight, your back flat, your tummy in, and your chest up.

You should feel it working your [glutes](#), groin, hamstrings, and quads.

Reverse Lunge and Twist Exercise

- Start by standing tall, in [perfect posture](#), with your arms by your sides.
- Step backwards with your right leg into a lunge – bending your left knee and dropping your right knee to just above the ground.
- Contract your right [glutes](#) and rotate your torso to the left, reaching behind you with your left arm.
- Relax and rotate back to neutral, then exhale and push up firmly with your left leg to return to the starting position.
- Repeat the movement on your other side.
- Repeat for the desired number of repetitions on each side.

Try to maintain [perfect posture](#) throughout the exercise – your head over your shoulders, your chin up, chest up, your [abdominal muscles](#) engaged to stabilise your spine, and your shoulder blades back and down.

Do not let your squatting knee slide over your toes or collapse to the inside – your front thigh should be parallel with the floor with your shinbone in a slight forwards lean and your knee aligned with the second toe of your foot. Do not let your back knee touch the floor.

Contract the [glutes](#) of your back leg as you squat.

You should feel it stretching the hip flexors of your back leg and working the [glutes](#) of your front leg, then a stretch in your [obliques](#) as you twist.



Core Rotation (1 Leg) Exercise

- Start by standing on your right foot, with your right knee slightly bent, holding a medicine ball in front of your waist with both hands.
- Take the ball behind you to your left, by rotating with your shoulders and torso, as you flex your left hip to raise your left knee in front of you.
- Rotate back to your right as you extend your left hip and leg behind your body.
- Repeat for the desired number of repetitions.
- Repeat by standing on your left foot and rotating the ball over your right knee.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your [core](#), legs and arms.

Overhead Throw Exercise

- Start by standing in an athletic position, facing a wall about 12 inches (30cm) away, holding a medicine ball above your head.
- In one explosive movement, take the ball back behind your head and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.

When you first work on this exercise, stand close enough to the wall so that the ball never fully leaves your hands but you are still able to explosively “hammer” the ball into the wall.

Keep your torso as stable as you can, trying to limit the movement to your arms.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your arms and [core](#).



Chest Pass Exercise

- Start by standing in an athletic position facing a wall about 3 feet (1m) away, holding a medicine ball at arms length in front of your chest.
- In one explosive movement, bring the ball to your chest and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.

Keep your [abdominal muscles](#) engaged, your chest up and back flat.

You should feel it working your chest and arms.

Perpendicular Throw Exercise

- Start by standing in an athletic position, with your stance perpendicular to a wall about 3 feet (1m) away, holding a medicine ball in front of your waist.
- In one explosive movement, take the ball back behind you by rotating your torso and hips away from the wall, and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.
- Repeat on the other side.

Initiate the throw by attacking with the hip on your throwing side (furthest from the wall), thrusting it towards the wall as you drive the other hip back around, following with your torso, arms and then the ball.

Keep your torso as centred as you can, rotating around a fixed axis.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your hips, arms and [core](#).



Parallel Throw (Kneeling) Exercise

- Start by kneeling with your knees about shoulder-width apart, facing a wall about 3 feet (1m) away, holding a medicine ball in front of your waist.
- In one explosive movement, take the ball back behind you by rotating your torso and hips to the right, and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.
- Repeat on the other side.

Throw the ball in a straight line from your hips, attacking with the hip on your throwing side, thrusting it towards the wall as you drive the other hip back around, following with your torso, arms and then the ball.

Keep your torso as centred as you can, rotating around a fixed axis.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your arms and [core](#).

Kettlebell Swing Exercise

- Start by standing tall in [perfect posture](#), your feet wider than shoulder-width apart and legs slightly bent, with a kettlebell on the floor in front of you at arms length.
- Bend forwards, hinging at the hips and dropping them back, bending your knees as needed and keeping your back straight, to grip the kettlebell with both hands.
- Pull your shoulder blades down, away from your ears, to tilt the kettlebell towards you.
- “Hike pass” the kettlebell between your legs to begin the movement.
- Once the kettlebell reaches its furthest point back, forcefully extend your hips to stand up, causing the kettlebell to swing forwards and up to chest height.
- As the kettlebell starts to descend, hinge at your hips and drop them back once more, keeping your back flat, and “hike pass” it back between your knees.
- Repeat for the desired number of repetitions.

Don’t actively [flex](#) or extend your back to swing the kettlebell – the movement is powered by your hips.

At the top of the movement, you are trying to stand up straight, not lean back. Many people have a tendency to hyperextend their lumbar spine (lower back), leading to back injury.



Golf Performance Programme: Stable Upper Body B

As you “hike pass” the kettlebell between your legs, feel your hamstrings loading and storing the energy from the kettlebell, ready to explode it forwards with your hips.

As you stand up, you are directing the energy of the kettlebell horizontally.

Keep your back flat, chest up, shoulder blades pulled back and down, and your [abdominal muscles](#) engaged throughout.

You should feel it working your hips, legs and back.

Prisoner Squat Jump Exercise

- Start by standing tall with your feet shoulder-width apart. Place your fingers behind your head and pull your elbows and shoulders back.
- Initiating the movement with your hips, squat back and down until the tops of your thighs are parallel to the ground.
- With only a very brief pause at the bottom of the squat, explode upwards through your lower body, pushing and fully extending your ankles, knees and hips simultaneously.
- Land softly and quietly on the middle of your feet, rolling backwards quickly towards your heels, pushing your hips backwards and downwards to absorb the landing.
- Immediately repeat the movement for the desired number of repetitions.

Keep your [abdominal muscles](#) engaged, your chest up, and your back flat throughout.

During the squat, do not let your knees slide forwards past your toes, or collapse to the inside, and keep your weight on your heels, not your toes. Your knees should stay over the centres of your feet as you squat.

It is crucial that you land with the correct foot position.

You should feel it working your [glutes](#), hips, knees and ankles.



Bench Press (Alternating) Exercise

- Start by lying face up on a bench, your feet on the floor, your hips and shoulders on the bench, holding a pair of dumbbells, your hands level with the outsides of your shoulders, your palms facing your thighs.
- Press the dumbbells straight up over your shoulders until your elbows are almost locked.
- Keeping your left arm straight, slowly lower the right dumbbell to just above chest height.
- In one fluid movement, press the right dumbbell back up as you lower the left.
- Now press the left dumbbell up as you lower the right.
- Repeat for the desired number of repetitions on each side.

Keep your feet on the floor and your hips and shoulders on the bench throughout the movement.

Keep your [abdominal muscles](#) engaged.

You should feel it working your upper chest, shoulders and [triceps](#).

Bent Over Row (1 Arm, 1 Leg) Exercise

- Start by standing on your left foot with your knee slightly bent, holding a dumbbell in your left hand.
- Holding onto a chair or rail for support, hinge at the hip, lowering the dumbbell as your right leg lifts behind you, until you form a "T" shape with your body.
- Pull your left shoulder blade towards your spine, and then lift the weight to your shoulder by driving your elbow towards the sky.
- Slowly lower the weight to the starting position and repeat for the desired number of repetitions.
- Switch sides and repeat.

Initiate the movement with your shoulder, not your arm. Keep your elbow close to your body as it passes your side.

Keep your back flat and your [abdominal muscles](#) engaged throughout.

Fire the [glutes](#) of your back leg to keep it straight and in line with your torso.

You should feel it working your shoulders, upper back and hips.



Band Chop on an Exercise Ball

- Start by sitting on an exercise ball, holding a resistance band with both hands that is anchored above you and to your right.
- Rotate your shoulders to the right.
- Pull the band to your chest and then push it down and away to your left as you rotate your chest to the left.
- Slowly return to the starting position.
- Repeat for the desired number of repetitions.
- Switch sides and repeat (with the band anchored above you and to your left).

Initiate the movement with your hips, rotating them away from the resistance band.

Keep your chest up, your shoulder blades pulled back and down, and your [abdominal muscles](#) engaged throughout.

You should feel it working your [triceps](#), shoulders, hips and [abdominal muscles](#).

Band Lift (Half Kneeling) Exercise

- Start by kneeling on your right knee, your left foot on the floor in front of you, and holding a resistance band with both hands that is anchored to the ground on your right.
- Rotate your shoulders to the right.
- Pull the band to your chest and then push it up and away to your left as you rotate your chest to the left.
- Slowly return to the starting position.
- Repeat for the desired number of repetitions.
- Switch sides and repeat (with the band anchored above you and to your left).

Keep your chest up, your shoulder blades pulled back and down, and your [abdominal muscles](#) engaged throughout.

You should feel it working your shoulders, chest, upper back, [obliques](#), hips and legs.



Curl to Press (Split Stance) Exercise

- Start by standing in [perfect posture](#), holding a dumbbell in each hand, with one foot on a step or bench in front of you, your toes on both feet pointing forwards.
- Activate your back [glutes](#) and push your hips forwards to move your weight towards your front foot.
- Perform a bicep curl as you rotate your palms so that they are facing your shoulders.
- Press the weights over your head as you rotate your palms so that they are facing forwards.
- Slowly lower the weights back to the starting position by reversing the movement.
- Perform the desired number of repetitions.
- Switch legs and repeat.

Keep your [abdominal muscles](#) engaged, your back flat, and your shoulder blades pulled back and down. Do not let your back arch as you press the weights overhead.

Contract your back [glutes](#) for stability.

You should feel it working your biceps, shoulders, hips and [core](#).

Push-Up (1 Foot on an Exercise Ball)

- Start in a modified push-up position, with one foot on an exercise ball and the palms of your hands flat on the floor. Keep your [abdominal muscles](#) engaged and your legs and back straight, forming a straight line from your ears to your supporting ankle.
- Bend your elbows to slowly lower your chest towards the floor.
- Press your chest back up, as far away from the floor as possible, while keeping the ball under control.
- Repeat for the desired number of repetitions.
- Repeat on the other foot.

Keep your [abdominal muscles](#) engaged to stabilise your spine, your hips square to the ground, and your back flat throughout the movement.

Keep your shoulder blades pulled down throughout (keep them away from your ears). At the top of the movement, push your shoulder blades away from each other in a “plus” position (as far forwards as possible).

Keep your head in a neutral position, with your eyes looking at a point on the floor under you.

You should feel it working your [abs](#), chest ([pecs](#)), shoulders, and [triceps](#).



Burpee with Push-Up Exercise

- Start by standing tall, in [perfect posture](#), with your arms at your sides.
- Bend over and squat down to place your hands on the floor, slightly wider than shoulder-width apart.
- While holding upper body in place, kick your legs back, landing on your toes with your body in a plank position – your body forming a straight line from your ears to your ankles.
- Perform a push-up by lowering your body to the floor and pressing back up with your arms.
- Keeping your upper body in place, pull your legs forwards under your body, returning your feet to their original position.
- Thrust your legs out and back once more.
- Jump up explosively, landing in your original standing posture.
- Repeat for the desired number of repetitions.

Keep your [abdominal muscles](#) engaged throughout the movement.

Keep your head in a neutral position as you thrust with your legs and perform the push-up, your eyes looking at a point on the floor under you.

You should feel it working your whole body.

Foam Roller Lower Back Exercise

- Start by lying face up with a foam roller under the middle of your back. Support your head with your hands, use both feet to help support your weight, lifting your buttocks off the ground, and place as much weight on the foam roller as you can tolerate.
- Roll along the middle of your back down to the base of your spine.

Work the foam roller back and forth, gliding your lower back over the foam roller, for 30 to 60 seconds. As you work you'll discover muscle spasms and tender pressure points, hold on each pressure point for an additional 30 seconds until the muscle releases from spasm.

The first time you perform this exercise, it might be a little painful, just like a professional sports massage would be, but that's just a sign that you stand to benefit enormously from it. After the first few sessions, it will start to become considerably easier and more comfortable. The better it feels, and the less it hurts, the better the quality of your muscle tissue.



Golf Performance Programme: Stable Upper Body B

Only go as deep as you can tolerate, and slowly build up the amount of time you spend on this exercise.

Thoracic Spine Flexion Exercise

- Kneel on the ground, with your arms straight in front of you, and sit back on your heels.
- Drop your head and round your upper back, taking a deep breath in.
- Think about lifting your chest in order to extend, or arch, your upper back, as you exhale.
- Return to the starting position and repeat.

Keep your [abdominal muscles](#) engaged and do not allow any movement in your lower back or hips throughout.

Lat Stretch Exercise

- Stand with your knees slightly bent, hinged forwards at the hip, holding a pole vertically against the ground 2 feet (60cm) in front of you.
- Grab the pole at about chest height with your left hand, keeping your left arm straight. Place your right hand on the pole, about 12 inches (30 cm) below the left, for support.
- Turn your body until your [sternum](#) (breastbone) is facing your left elbow.
- Push your chest to the left, feeling a pull against the ribs on your left side.
- Reach your straight left leg behind you and to your right, behind your right foot, forming a “U” shape with your left arm and leg.
- Hold for one deep breath, in and out.
- Return to the start position and repeat with your right side.

This is a great exercise to perform out on the golf course, to reduce any tightness in your [lats](#) coming down the stretch, by using a golf cart or a long golf club for support.

Pec Stretch with an Exercise Ball

- Start by kneeling to the left of an exercise ball, with your right hand on top of the ball and your elbow bent.
- Drop your chest slightly and straighten your arm, pushing the ball forwards away from you until you feel a gentle stretch in your chest.
- Exhale and hold the stretch for 2 seconds.
- Relax and repeat for the desired number of repetitions.
- Switch sides and repeat.



Golf Performance Programme: Stable Upper Body B

Keep your chest facing the floor throughout the movement. Do not completely straighten your arm.

You should feel a stretch in your chest, not in your shoulder.

Shoulder and Triceps Stretch Exercise

- Start by standing tall in good posture, your [abdominal muscles](#) engaged and your chest up.
- Hold a golf club vertically behind your back, with your right hand over your left, an overhand grip with your right hand, underhand with your left.
- Reach down and back with your right hand, as far as you can, then give gentle assistance by pulling down with your left hand, exhale and hold the stretch for 1 deep breath, in and out, and allow the tension to release.
- Now reach up and back with your left hand, as far as you can, then give gentle assistance by pulling up with your right hand, exhale and hold the stretch for 1 deep breath, in and out, and allow the tension to release.
- Complete the desired number of repetitions before switching hands and repeating.

You will feel a stretch through the triceps of the top arm and the shoulder of the bottom arm.

Maintain [perfect posture](#), keeping your [abdominal muscles](#) engaged throughout.

The narrower apart on the golf club your hands are, the deeper the stretch.

Perform this exercise for 30 seconds as part of the [Golf Loopy Perfect Warm Up](#) routine.
