

CROSS-UNDER HIP ROTATION STRETCH



(Picture A)



(Picture B)

Instructions:

- From your hands and knees position, place one knee across your body --- up and over toward your opposite hand.
- Lift and cross your other knee over the foot of your crossed under leg.
- Drop down to your elbows and slowly slide your straight leg back until you feel a comfortable stretch in the back of your bent and crossed under hip (Picture A).
- **Hold** this gentle stretch position for **10 full swing visualizations** – OR – until you feel a complete melting/softening of the initial stretch in the back of your hip.
- When you are ready to increase the stretch, slide your leg farther back and/or reach your arms out in front, lower your chest and head to the floor (Picture B).
- Repeat 1-3 times per day for both legs as needed.

Purpose:

- Releases tightness in the front and back and outer portions of your hips.
- Improves your hip rotation mobility.
- Reduces strain and injury potential in your lower back, hips, knees and ankles during the complete golf swing.
- Improves your ability to maintain a stable foundation (quiet legs) during your backswing, and a complete, unrestricted hip rotation during your follow-through.