

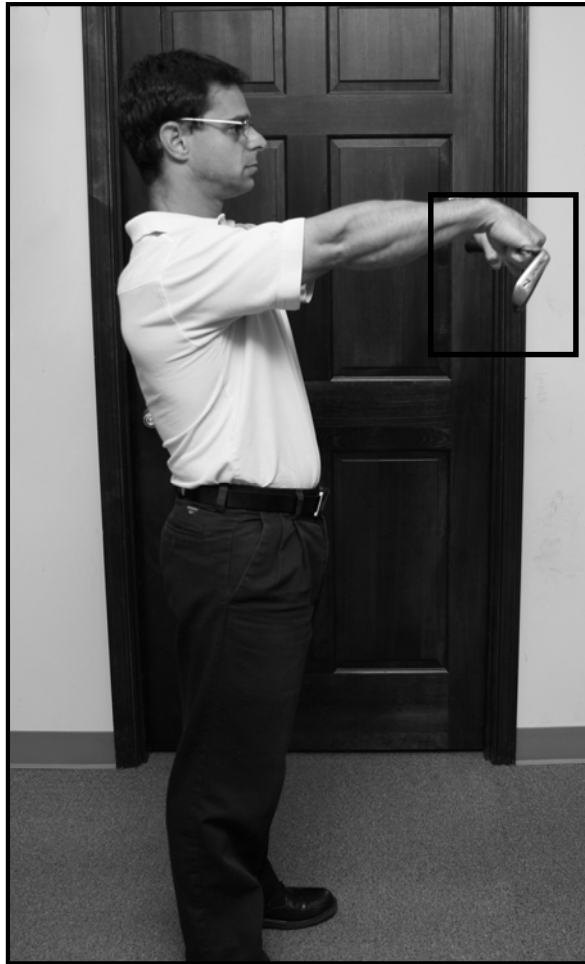
# *Pre-round Warm-up*

## Neck Stretch



# *Pre-round Warm-up*

## Wrist flexion stretch



# *Pre-round Warm-up*

## Wrist extension stretch



# *Pre-round Warm-up*

## Shoulder Stretch



# *Pre-round Warm-up*

Shoulder stretch in address position



# *Pre-round Warm-up*

## Side bend stretch

Start



Finish



# *Pre-round Warm-up*

## Low back stretch

Straight



Side twist



# *Pre-round Warm-up*

## Rotation stretch

Backswing



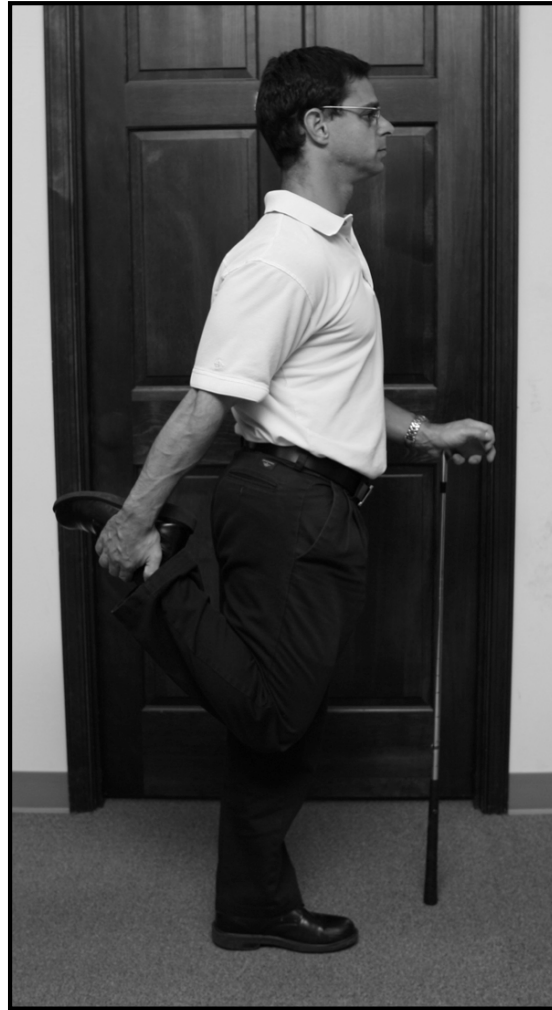
Follow Through





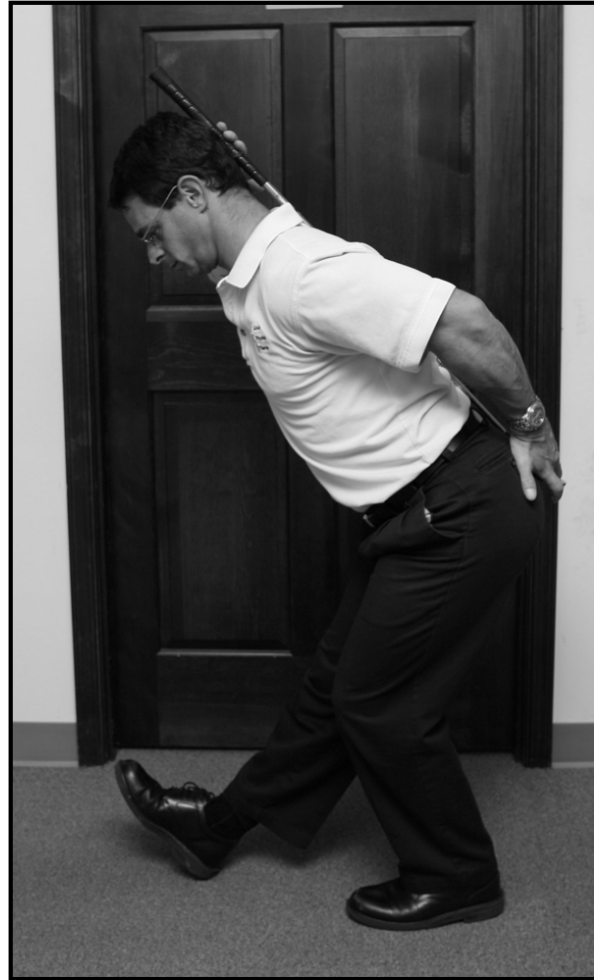
# *Pre-round Warm-up*

## Quadriceps stretch



# *Pre-round Warm-up*

## Hamstring stretch



# *Pre-round Warm-up*

## Calf stretch

