GOLF COOL DOWN

5 stretches to help your body recover

1 LOWER BACK & HAMSTRING HINGE



2 × 30 SECONDS

Stand with knees soft. Hinge forward at your hips with a flat back and let your arms hang.

2 CROSS-BODY SHOULDER STRETCH



2 × 30 SECONDS

Bring one arm across your chest. Use your other arm to hold it close. Switch sides.

3 HIP-FLEXOR LUNGE



2 × 30 SECONDS

Kneel on one knee with the other foot forward. Gently push your hips forward. Switch sides.

4 STANDING FOREARM STRETCH



2 × 30 SECONDS

Hold one arm straight out, palm up. Use your other hand to gently pull your fingers back. Switch arms.

5 SEATED SPINAL TWIST



2 × 30 SECONDS

Sit with legs straight. Cross one foot over the other knee, hug the knee and gently turn toward it. Switch sides.

COOL DOWN TIPS

- ✓ Breathe slowly and relax
- ✓ Stretch to a gentle pull, not pain
- ✓ Drink water after you play

Special Olympics Virginia

GREAT JOB TODAY!