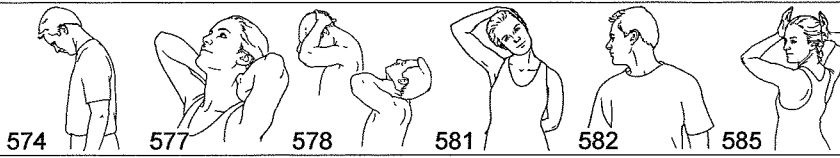
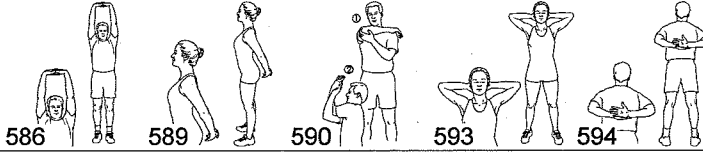


# Golf Kit

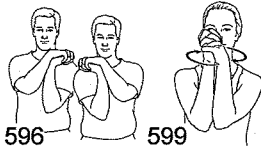
## Stretching: Neck



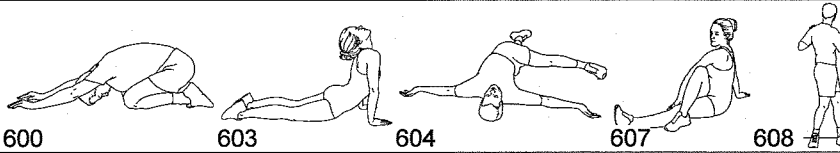
## Stretching: Shoulder



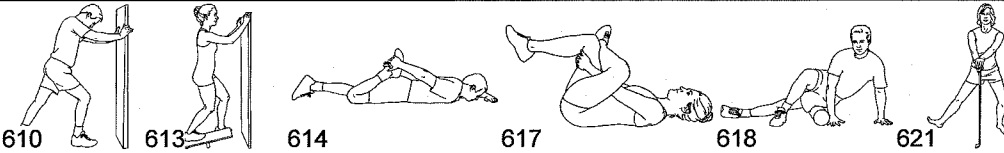
## Stretching: Wrist



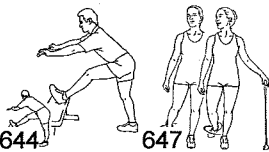
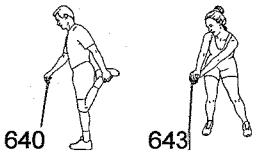
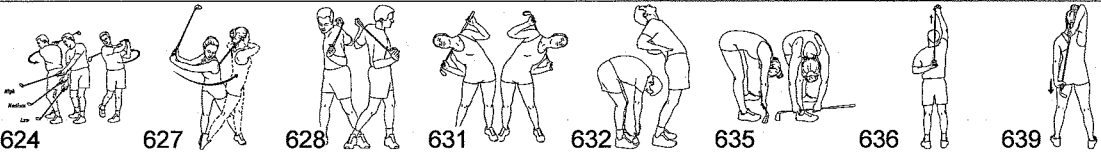
## Stretching: Trunk



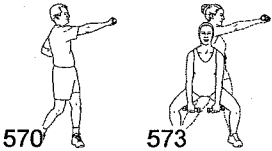
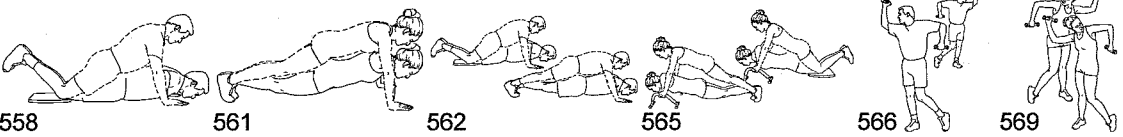
## Stretching: Leg



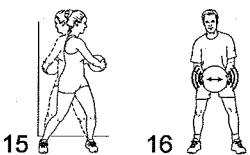
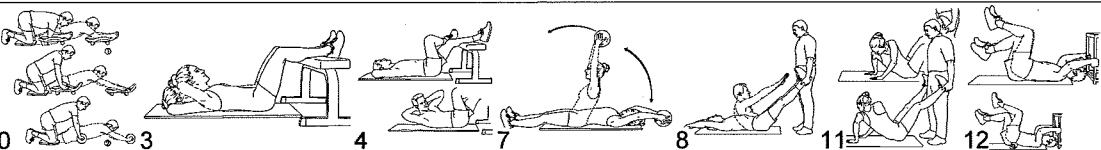
## Stretching: With Club



## Shoulder and Arm

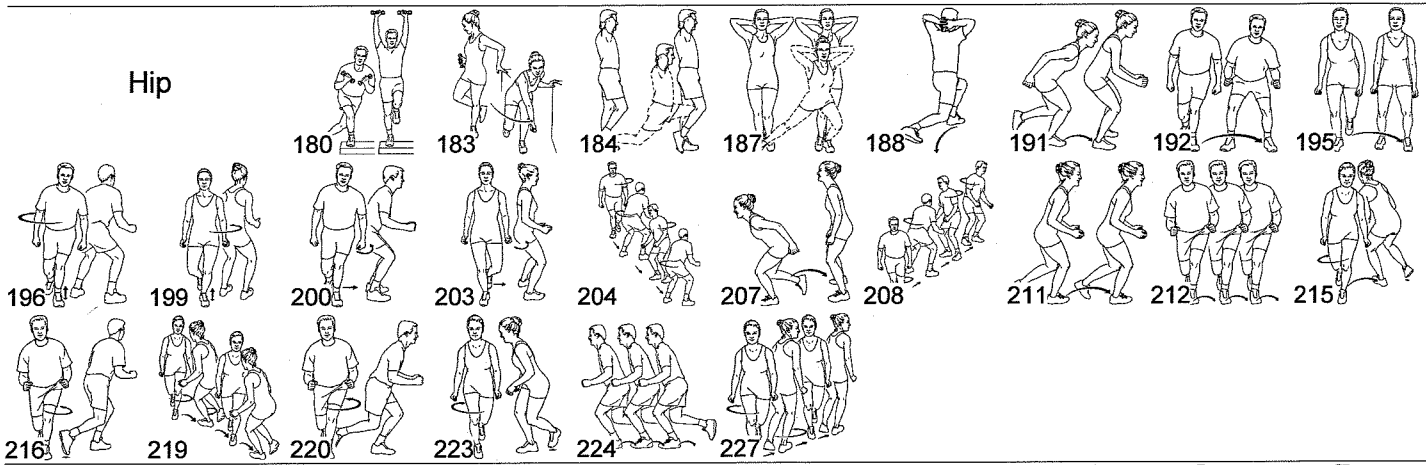


## Abdominals

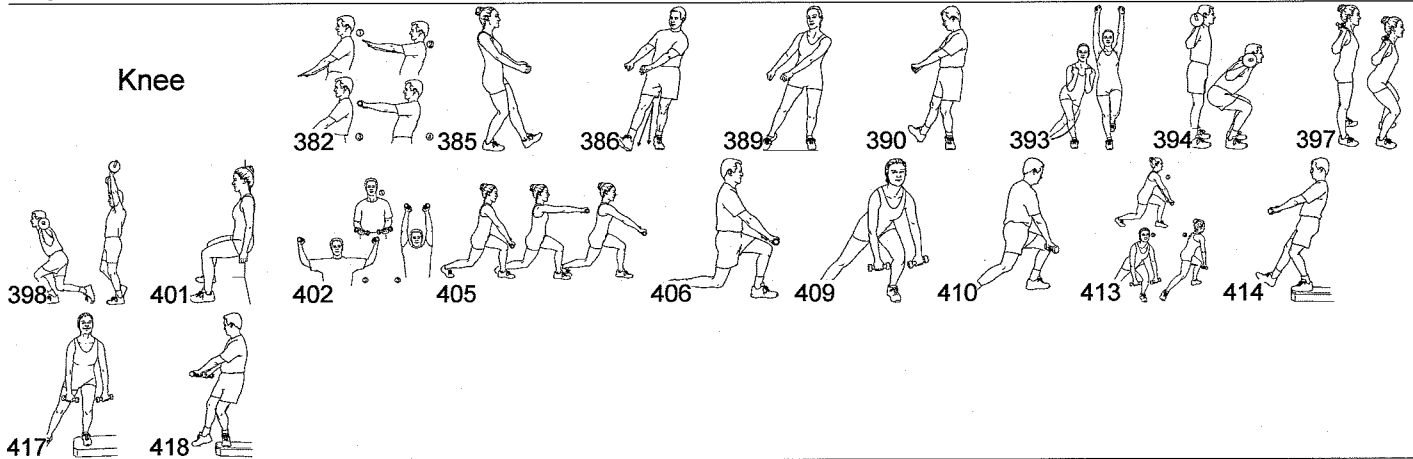


# Golf Kit

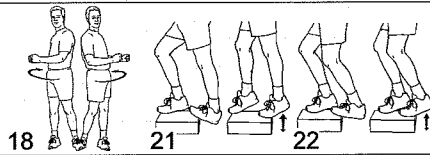
## Hip



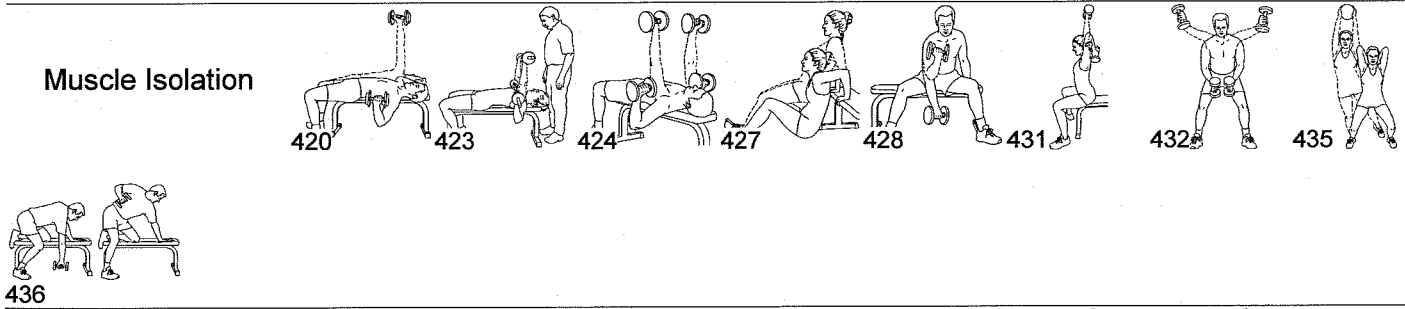
## Knee



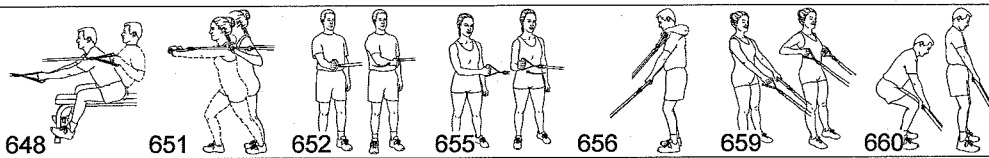
## Ankle



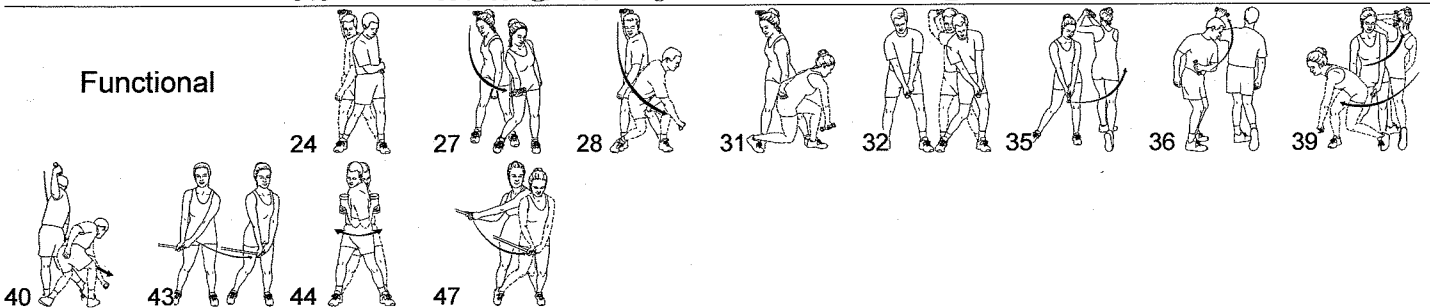
## Muscle Isolation



## Tubing Drill

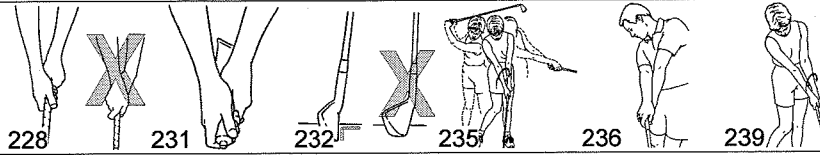


## Functional

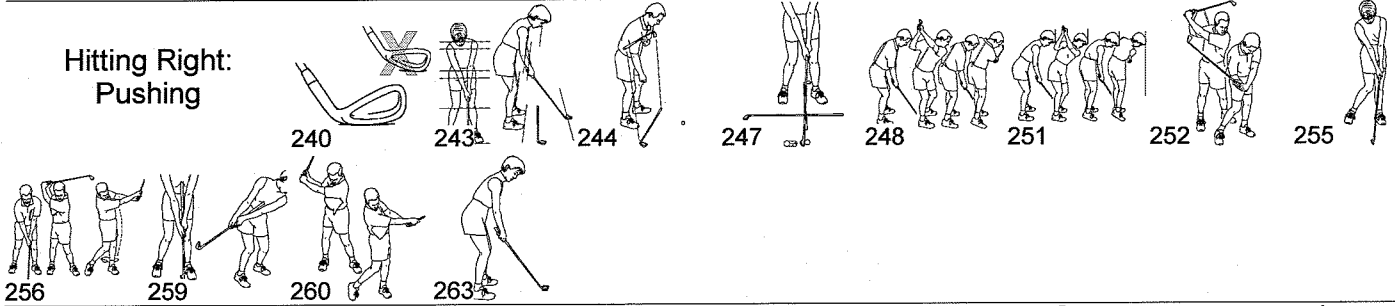


# Golf Kit

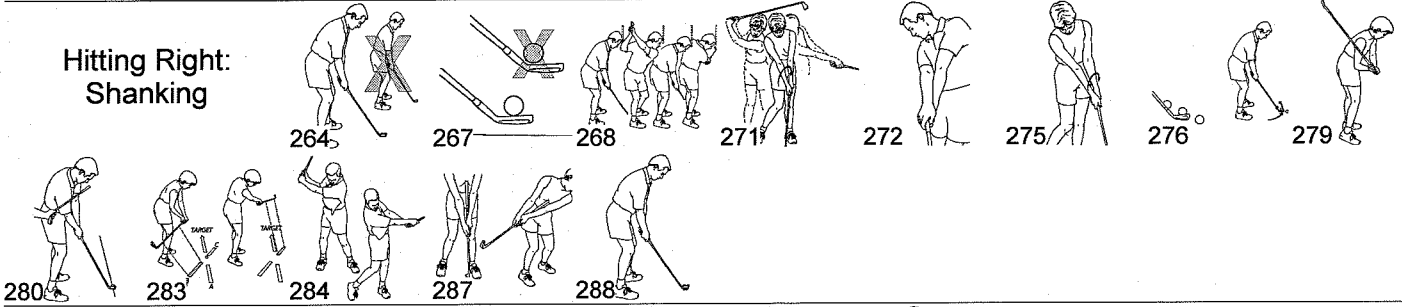
## Hitting Right: Slicing



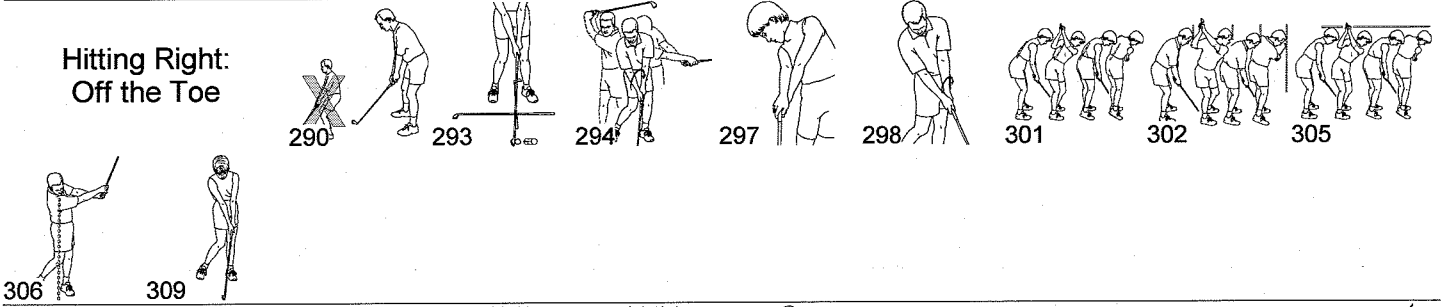
## Hitting Right: Pushing



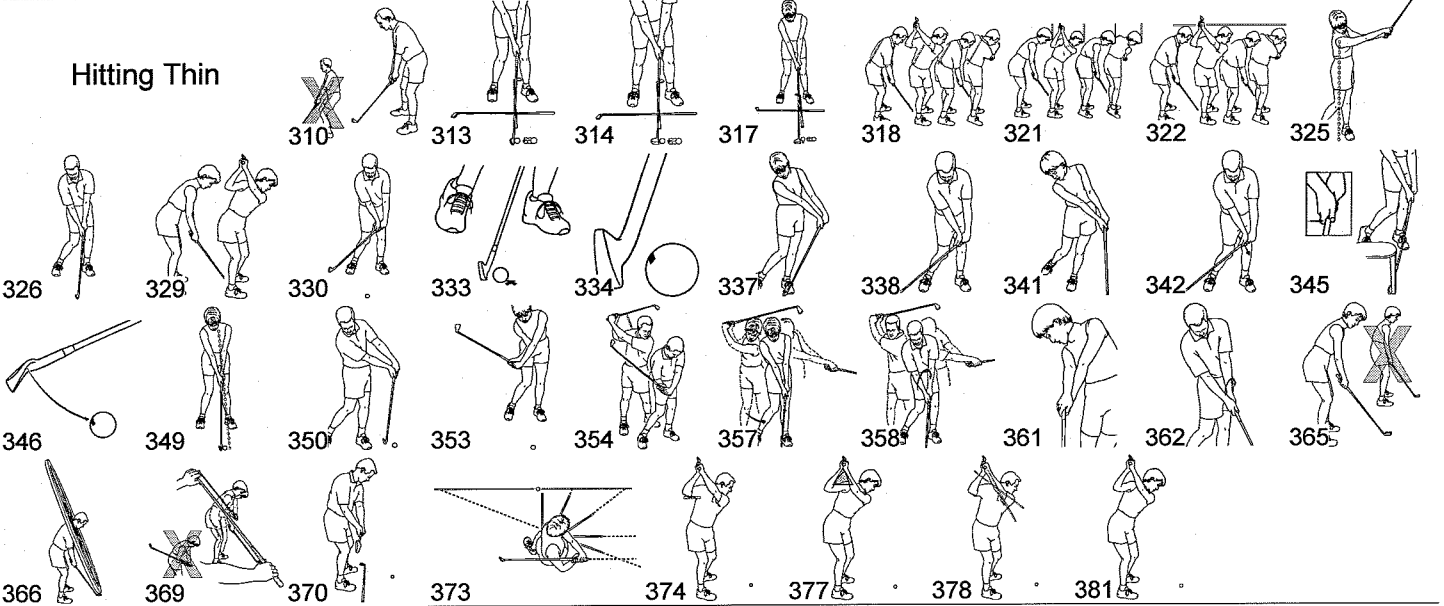
## Hitting Right: Shanking



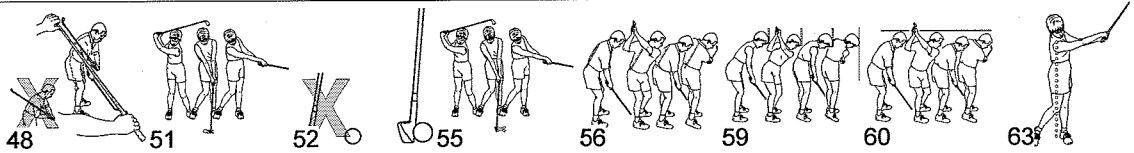
## Hitting Right: Off the Toe



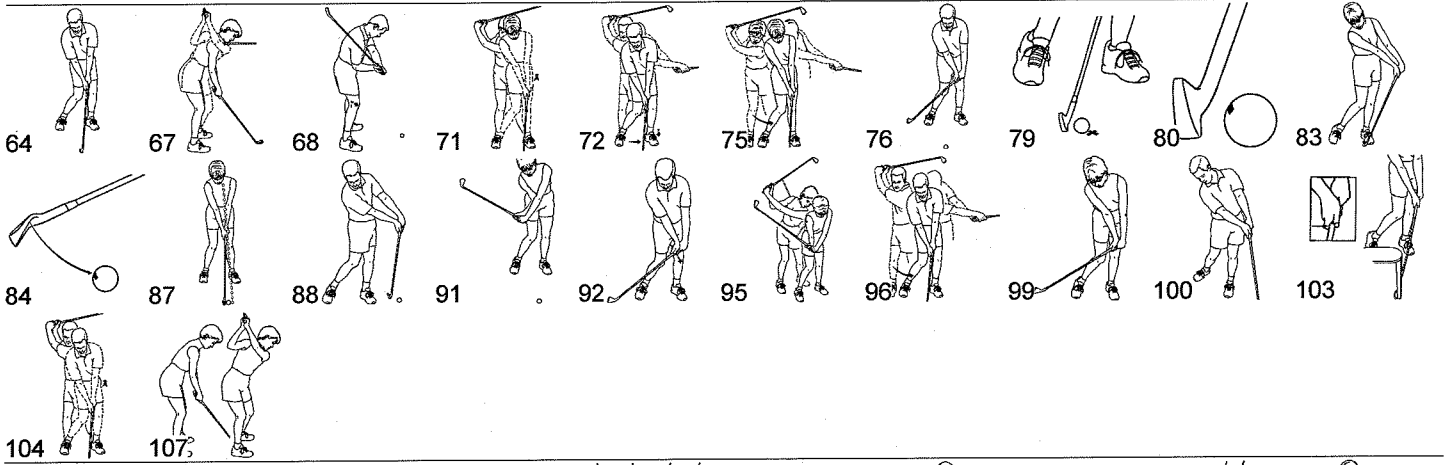
## Hitting Thin



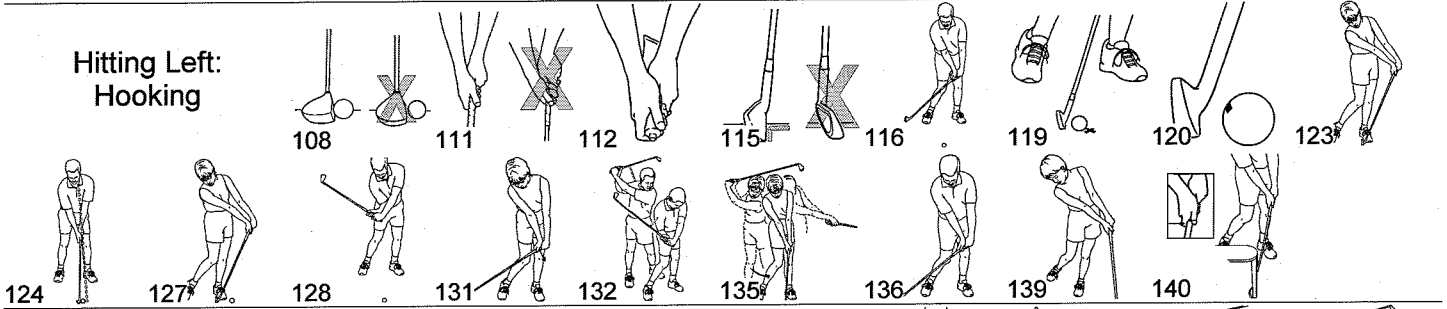
## Hitting Fat



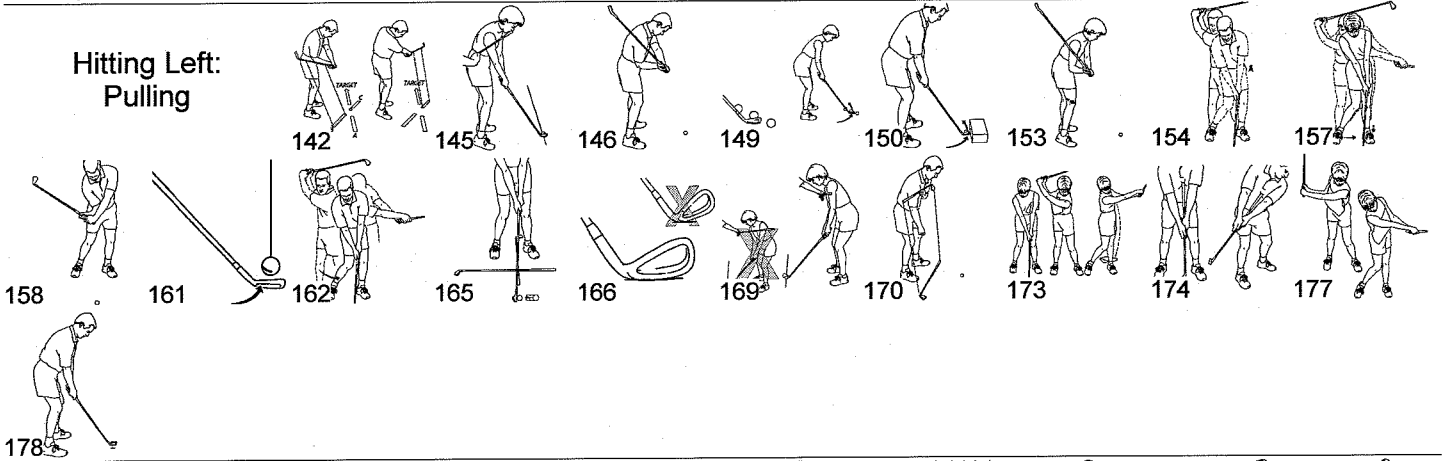
# Golf Kit



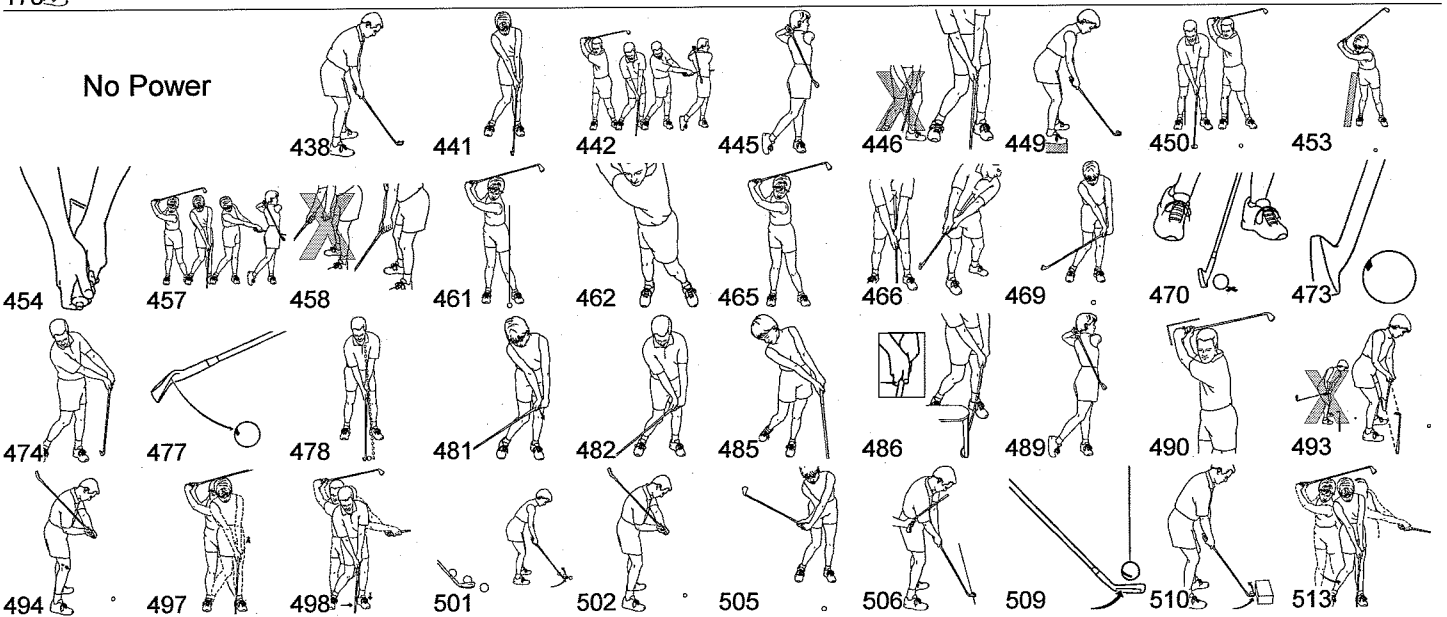
## Hitting Left: Hooking



## Hitting Left: Pulling



## No Power



# Golf Kit

