

# Keep It Simple Golf Stretching Exercises For Increased Distance

**Are you tired of hitting the golf ball short? Do you want to increase your distance and accuracy?**

If so, then you need to start stretching. Stretching can help to improve your range of motion, flexibility, and power. And when you improve these things, you'll be able to hit the ball further and straighter.

This book will teach you how to do 10 simple golf stretching exercises that will help you to increase your distance. These exercises are easy to do and can be done in just a few minutes each day. So what are you waiting for? Start stretching today and start hitting the ball further!



## Keep It Simple Golf - Stretching Exercises for Increased Distance by Simon Needham

★★★★☆ 4 out of 5

Language : English  
File size : 439 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 19 pages



**Here are some of the benefits of stretching for golf:**

- Increased range of motion

- Improved flexibility
- Increased power
- Reduced risk of injury
- Improved balance
- Improved coordination

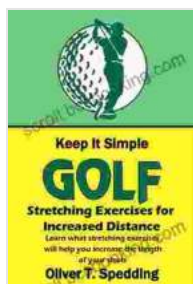
**The 10 golf stretching exercises in this book are:**

1. Shoulder stretch
2. Triceps stretch
3. Chest stretch
4. Lat stretch
5. Torso stretch
6. Hip flexor stretch
7. Quad stretch
8. Hamstring stretch
9. Calf stretch
10. Ankle stretch

**Each exercise is explained in detail with step-by-step instructions. There are also pictures to help you visualize each exercise.**

If you follow the instructions in this book, you will be able to increase your golf distance and accuracy. So what are you waiting for? Start stretching today!

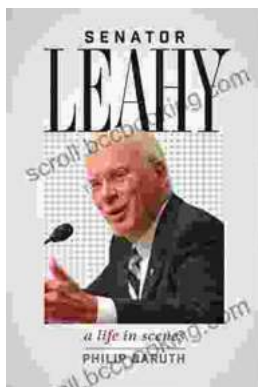
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