

# STRENGTH FLEXIBILITY BALANCE & ENDURANCE



# STRETCHLAB



Flexibility, strength, balance, skill and coordination are all important factors when playing golf. Flexibility and strength are the grass roots for the development of the coordination, skill, stability and balance.

Studies have shown that many swing faults are due to weak or tight muscles. Our training program addresses the following areas:

**Strength** - Drill to increase strength in the exact positions where weakness and stress occur in your golf swing, helping you maintain better posture and positions.

**Flexibility** - Stretching routines designed to increase range of motion for golf-specific muscles, which in turn will reduce injuries and allow for a better back swing turn and follow through. Flexibility promotes a more consistent, efficient and powerful swing.

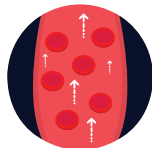
How do we become more flexible? The simple answer is **stretch!**



## HOW STRETCHLAB WILL HELP YOUR GAME



Develop tissue length, allowing for a greater range of motion & take pressure off lower back



Bring more blood to the muscles, which improve muscles ability to perform



Flexibility will increase muscular power & improve overall skill of performance

Please contact us to discuss a stretching routine for you or your athlete!

# 401.715.2532

1000 Division Street  
East Greenwich, RI 02818  
[eastgreenwich@stretchlab.com](mailto:eastgreenwich@stretchlab.com)