Daily routine for golf or for general flexibility:

1. Log Rolling-lie on floor--start on stomach hand on back of head. Starting from there roll over onto your back and then back again. 5 leading with upper body then 5 leading with lower body and do upper and lower on other side as well.
2. Curl up—flex the spine open each vertebra as you sit up 5-10
3. Open Books—Lie on side knees bent. Hands in front now twist so your back is on the floor arm out to side, also reach up with down arm.
4. Chllds’ pose-rock back onto your knees arms out in front of you letting your lower back round
5. Half Prayer Reach Backs-from hands and knees put hand on back of head and open up chest trying to look up
6. Hip Circles-from hands and knees-“on the horse, off the horse”
7. Crawl around
8. Bird Dogs-opposite arm opposite leg
9. Kneeling
   1. Hamstring stands-move from kneeling knees bent to tall kneeling by squeezing bum
   2. go from tall kneeling to standing without using your hands
10. Reverse toe touches-squat to stand