EAST LANE GOLF

Home Mobility Card

Five moves, a couple of times a week

Ten minutes, a couple of times a week, well away from the course — that's what keeps your turn from quietly shrinking.

Move	Cue
1. Cat-cow	On hands and knees, arch and round your back slowly — 8 reps
2. 90/90 hip stretch	Seated, both knees bent, lean gently over the front leg — 30 sec each side
3. Seated thoracic rotation	Hand behind your head, rotate the elbow up and back — 8 each side
4. Kneeling hip flexor stretch	Back knee down, push the hips forward gently — 30 sec each side
5. Doorway shoulder stretch	Arm on the frame, rotate your body away — 30 sec each side

Did you stretch today? Tick the box.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.