EAST LANE GOLF

Post-Round Recovery Card

Cool down, cut next-day stiffness

Do these while you're still warm — at the car, on the practice green, or the moment you get home.

Move	Cue
1. Standing hamstring stretch	Straighten one leg, hinge forward slightly — 30 sec each leg
2. Seated spinal twist	Sit tall, rotate gently toward the back leg — 20 sec each side
3. Child's pose	Kneel and sit back, arms stretched forward — hold 30 sec
4. Cross-body shoulder stretch	Pull one arm gently across your chest — 20 sec each side
5. Standing quad stretch	Pull one heel toward your glute, knees together — 20 sec each leg

Five minutes now saves a stiff back tomorrow.

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