# CLDGC Disc Golf Stretching Routine – (10) minutes by Matt Galbraith

Stretching is most effective when muscles are warm. It is best to stretch after a small bout of physical activity. Try taking a short walk or jog to warm up your muscles first, then begin your stretching routine.

Benefits of incorporating stretching into your routine:

* Improves your performance in physical activity
* Increases blood flow to your muscles; allowing you to reach your full potential
* Improves mechanical efficiency and overall functional performance
* Promotes muscular coordination and quicker recovery from physical activity
* Increases flexibility and range of motion

Stretches (hold each one for 30-60 seconds):

1. Full body ceiling stretch – hands together over your head; reach for the sky while stepping up on to your toes.
2. Toe touch – open your arms, reach high and stretch down to touch your toes – relax and hold.
3. Shoulder stretch – pull your arm across your chest (level with your shoulders) using your opposite hand and hold (alternate arms).
4. Quad stretch – bend your knee back, pull your toes towards your glutes and hold (alternate legs).
5. Chest and bicep stretch – interlock your fingers behind your back, stand tall, pull your shoulders back and pull your hands down.
6. Groin stretch – place your feet wider than shoulder width and reach to the ground, alternate touching your toes, and hold.
7. Shoulder rotations – 10 reps forward and 10 reps back. (slow rotations)
8. Neck stretch – place your left hand behind your back and your right hand on the left side of your head, slowly pull your head to the right to feel the stretch. Repeat on opposite side.
9. Forearm stretch – place hands together in front of chest (elbows out) and rotate hands towards chest as you pull down and hold.
10. Hip flexor/quad stretch, lunge forward (left or right foot), stabilize your knee on the ground while pushing forward to stretch the hip flexor
11. Single leg toe touch – elevate your right leg on a picnic table and touch your toes with your left hand – feel the stretch in your hamstring and lower back.

***Most importantly; breath through each stretch to allow the muscles to relax while reducing stress and calming the mind. A highly focused mindset will dramatically help improve your skill.***