

MI-Golf-S&C

Goal

INCREASE GLOBAL MOBILITY

Trainer

JOHN FITZGERALD

SERIES 1

90-90 GM

PIGEON DROP IN

TURN AND TILT

FLOOR GLIDES

CAT COW

THREAD THE NEEDLE

HIP FLEXOR KNEELING

golfers hug

fold anchor turn

SERIES 2

BACK SIDE 90 DROPS

pigeon good morning

KNEELING BOBO

CAT COW TRIPOD

HIP FLEXOR INTO "WGS"

ADDUCTOR + TSPINE ROTATION

BO JET FIGHTER