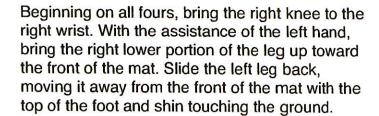






Golf Benefit

Elongates spine, which prevents "C" and "S" postures thus allowing golfers to maintain proper posture. Increases distance in golf shots by increasing hip mobility.



How

Flow

Hold for 30 seconds to 3 minutes.



Place padding under the knees as needed.