

## instructor's Gadget

### Stretch Partner, by Lifespan Fitness

The LifeSpan Stretch Partner from PCE Fitness (\$499) is a terrific assistant in helping students properly stretch the key muscles they need in their golf swing, such as the lower back, hamstrings and hips. After all, with flexibility comes the swing motion range and ability to hit a golf ball further. This is particularly useful to instructors who can have their students warm up on this for a few minutes before and after their lessons. The sturdy 70-pound unit resembles a stationary bike and comes with an affixed guidebook that illustrates and details 18 stretches for major muscle groups.

Users can formulate their own stretches, too. Several PGA Professionals have already incorporated the Stretch Partner into their own pre-round routines, with positive results. LPGA member Christi Dorece, a Master Instructor at The Breakers in Palm Beach, Fla., and formerly of the Jim McLean Golf

Academy, says the unit "benefits golfers at any level. Tight hamstrings make it harder to stay in your posture during the swing. And a tight back and hips make it difficult to turn through the ball with any power."

Dorece uses the Stretch Partner three times a week and sometimes more, if time allows.

"Stretching, in general, is very important in helping prevent injuries," adds Dorece. "For average golfers, the Stretch Partner is great, in order to get a deeper

stretch than they would be able to get on their own. To maximize its full benefits, it should be used every time before they go out to practice or play."

The solid steel frame supports users up to 300 pounds. Its Flex-SmartT pivoting system provides a greater range of movement to accommodate various body types and levels of flexibility. Transport wheels on the bottom of the unit make for easy moving to and from the range.

Call 714-262-9051 or log on to [www.lifespanfitness.com](http://www.lifespanfitness.com) ●

