

The snow is finally starting to disappear. But if you've been shut in all winter, you need to wake up your muscles with a few stretches. This simple routine can be done now to get you ready for golf and should be done 15-20 minutes before you tee-off. It loses its effect if you spend 15-20 minutes afterwards getting your bag and clubs together. You should be changed and ready to play so that you tee-off within 5 minutes of finishing this warm up.

STEP 1 - Walking for 3-5 Minutes

Walk briskly for 3-5 minutes, either around the car park or a quiet area of the course. You might want to walk from your car to the locker room and back a few times.

STEP 2 - Supported Squats



This exercise will elevate your heart rate and increase blood flow to the major muscle groups.

1. Hold a short club (i.e. 8 iron) overhead with hands at either end. Arms should be fully stretched directly above you.
2. Squat down until your thighs are almost parallel to the ground and stand up. Repeat 10 times.
3. Rest and repeat again.

For more advanced players you can do this supported, single leg squat instead...

1. Start by standing and bracing against a golf club such as a 2 or 3 iron.
 2. Bring your left foot up and place across your opposite knee. Your knee will be bent at 90 degrees.
 3. Squat down until your knee is almost parallel to the ground, stand up and repeat 10 times.
 4. Return to the starting position and repeat with the other leg.
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STEP 3 - Golf Stretching Exercises

Complete the following stretches in order...

Arm Swings

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion for 30 seconds.

Trunk Rotations

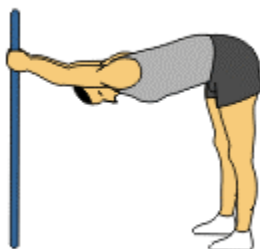


1. Stand with a shoulder width stance. Place a club on your shoulders holding it at either end.
2. With knees slightly bent, bend forward from the waist slightly (as though adopting the swing posture).
3. Turn from side to side aiming to get the ends of the club directly in front of you with each turn.
4. Complete a total of 15-20 full swings.

Side Bends with Club

1. Stand with a shoulder width stance. Place a club on your shoulders.
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.
3. Hold for a count of 2 and then repeat to the other side.
4. Complete 8-10 stretches each side.

Standing Shoulder Stretch



1. Stand with a shoulder width stance and place both hands on the end of the club.
2. Lean forward keeping your back flat until you feel a stretch in your shoulders.

3. Hold for 10 seconds and relax. Repeat a total of 3 times.

Leg Swings



1. Start by standing with your feet shoulder width apart.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you cannot keep your upper body from moving.
4. Repeat for 10 full swings and repeat on other leg.

Alternate Toe Touches

1. Start by standing with your feet spread as far apart as comfortably possible.
2. Lean forward toward one leg and try to reach your foot or until a **comfortable** stretch is felt in your low back and hamstrings.
3. Now try to touch the other foot with the opposite arm. This motion should be continuous alternately touching each foot (as close as possible) with the opposite hand.



Important: skip this stretch you are prone to low back pain or if it causes you any discomfort.

Wrist Extensions

1. Stand with your right arm extended straight out.



2. Pull back your fingers with the other hand until you feel a stretch in your forearm.
3. Hold for 10 seconds and repeat with the other wrist. Repeat again for each wrist

Weighted Club

Using either a weighted club or 2 clubs held together perform 10 complete swings. However, rather than stopping between each swing, it should be one continuous motion. For example, start with a back swing into a full follow through and immediately from the finish position take the club into the back swing position (as though you are swinging in reverse).

STEP 4 - Practice Swings

Complete 2-3 minutes of practice swings working on any techniques, or swing thoughts you may have been given. It's important **not** to practice technique with a weighted club or two clubs at this stage. You are now warmed up physically and this time is about sharpening your swing and reminding yourself of any coaching points to work on during the round. It is also a good idea to rest completely for about 2 minutes before you tee-off. Avoid walking up to the tee out of breath as this will compromise your ability to control your swing.
