

10 Golfers Dynamic Warm-up Routines



1 Arm Circles

20 forward, 20 backward

⌚ 40 seconds

Bringing both arms out to the side, move your shoulders in small circles forward for a 20 count. Then move your shoulders backwards in small circles for a 20 count.



2 Cross-body Shoulder Stretch

10 second holds; 2x each shoulder

⌚ 40 seconds

In a standing position, hold your driving shoulder with the opposite arm and gently bring your driving shoulder across your body bringing it into your chest or as close as your flexibility will allow. This stretch should be performed gently from start to finish, followed with a 20 to 30 second hold in the ending position.



3 Sidebend Reach Stretch

10 second holds; 2 x each side

⌚ 40 seconds

Standing with feet shoulder-width apart, reach one arm up to the sky and lean towards the opposite side. Hold each stretch for 10 seconds.



4 Cross-body Leg Swings

20 swings; 2 x each side

⌚ 1 minute 20 sec

Holding a club in front with both hands, bring a leg out to the side and then swing the leg across your body (as shown in picture). Swing each leg back and forth across your body 20 times.



5 Front and Back Leg Swings

20 swings; 2 x each side

⌚ 1 minute 20 sec

Holding a club in front of you with both hands, swing a leg forward out in front of you and then swing the same leg backwards. Perform the leg swings 20 times each leg ensuring that each swing is a nice and easy swing. You should feel gentle stretching of your hamstrings and hip flexor muscles.



6 Hip Flexor Stretch

10 second holds; 2 x each side

⌚ 40 seconds

Placing both hands on a golf club centered in front of you, take a step backward keeping the back leg straight. While maintaining this lunge position; keep your upper body upright as shown in the picture. Hold each stretch for 10 seconds for each leg.



7 Golf Swing Rotations

20 rotations; 2 sets

⌚ 1 minute

Placing a golf club across your chest with arms folded over, gently rotate your body back and forth like you are swinging a golf club (as shown in the pictures). Perform 20-40 Golf Swing Rotations.



8 Rotation Club Reaches

10 second holds; 2 x each side

⌚ 2 minutes

Holding a club out in front of you with an "address" stance, slowly reach the opposite arm back to get a gentle, rotational stretch. Hold each stretch for 10 seconds.



9 Club Reach Stretch

10 second holds; 4 times

⌚ 40 seconds

Placing both hands on a golf club centered in front of you, slowly lower your upper body down towards the ground gently stretching your back and shoulders. Be sure to keep your knees bent and your low back flat as shown in the picture.



10 Cross- Leg Hip Stretches

10 second holds; 2 times

⌚ 40 seconds

Standing on one leg, cross the opposite leg over the other and gently push the crossed over leg down to stretch the hip. If needed, use a golf club to help maintain balance for this stretch.