

PRE - GAME Golf Warm-ups and Stretches



Holding on to cart, swing hip freely from front to back. Maintain upright posture (no slouch) with abdominals tight. These should move in your fullest and most comfortable range. Repeat 10 to 15 swings on each side.



Holding on to cart, swing hip freely from side to side. These should be in your fullest and most comfortable range. Repeat 10 to 15 swings on each side



Standing with one foot on cart or fence, hold a club behind your back. Raise arms up behind you as you lean chest toward extended leg. Should feel this in hamstring and chest/arms. Hold this for 20 sec. Repeat 2 times.



Standing with one foot on cart or fence, place club behind back and bend forward on front knee. Lean into front leg and rotate trunk toward same leg.



Standing in back swing position, hold club at each end. Rotate further into back swing to feel stretch in chest, hip, trunk and back of shoulder. Hold for 20 seconds and repeat twice on each side.



Standing with hands at each end of club, hold club overhead. Lean sideways to feel stretch on opposite side. Hold 20 seconds and repeat twice on each side.

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