

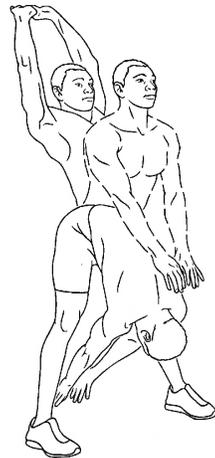
DYNAMIC GOLF WARM-UP

These stretches are best done prior to your round of golf.

PLEASE NOTE: It is always important to consult your physician before starting an exercise program.

WARM-UP - 1 Forward / Backward

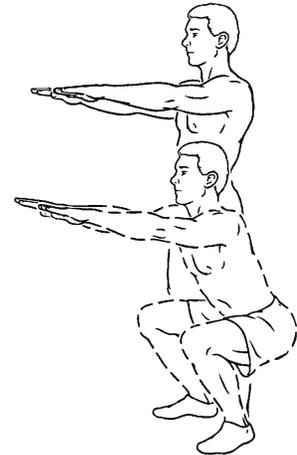
Spread legs wider than shoulders. Stretch hands overhead, slight back arch. Reach between legs as far as possible. Return. Keep movement constant: 2 count down 2 count up. Do not static hold at top or bottom.



Do 10-20 reps

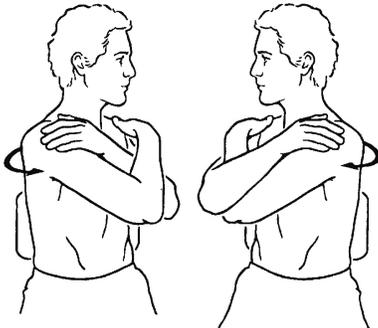
HIP / KNEE - 79 Deep Squat

Stand with feet shoulder width apart and squat deeply, head and chest up.



Repeat 10-20 reps

BACK - 37 Lumbar Rotation (Standing)

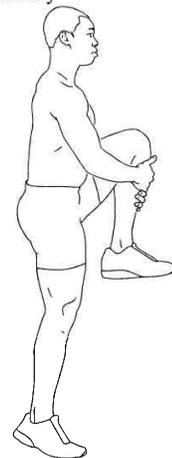


Arms crossed, gently rotate trunk from side to side in a small, pain-free range of motion.

Repeat 10-20 reps

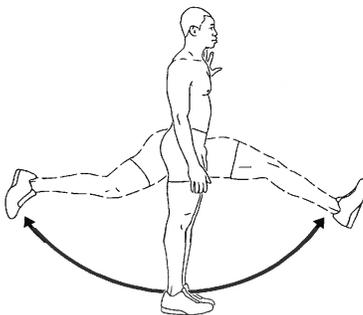
WARM-UP - 22 Knee Tuck: Stationary

Stand on balls of feet. Head and chest up. Lift one knee up. Clasp leg, pull to chest. Toe up, foot parallel to surface.



Do 10-20 reps

WARM-UP - 17 Leg Swing: Forward

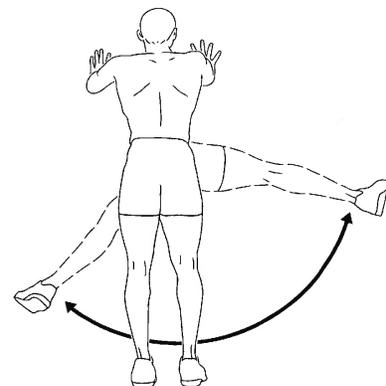


Stand erect arm perpendicular to wall for support. Fully swing one leg forward and backward. Keep leg straight, ankle dorsiflexed.

Do 10-20 reps

WARM-UP - 16 Leg Swing: Side

Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.



Do 10-20 reps