

## Tips for a proper warm-up before you play

By Frank Cassisa, Golf Conditioning Specialist

As a certified personal trainer and golf conditioning specialist one of the first things I have all my clients do is warm-up. This allows the body to physically raise its own core temperature and at the same time get them focused for the workout at hand. I unfortunately can't tell you how many times clients get hurt outside of the gym because of an improper warm-up. I mean let's face it you wouldn't ordinarily warm-up and stretch prior to lifting a garbage bag or even lifting groceries. Well let's apply this to your golf game. Many players feel their warm-up is hitting a bucket of golf balls on the driving range. Wrong. First of all your core temperature is still at normal 98.6 degrees. You have a better chance of hurting yourself here than on the course. Second you may become frustrated because your practice shots are not what you expected, but that is a whole other story.

Now I don't expect you to lie on the grass and stretch before each round either so here are a few easy to do dynamic warm-up exercises that can help you loosen up, raise your core temperature, and mentally focus you for the game.

- 1) Stand in your normal golf stance and put a golf club across your upper back behind your neck. Make sure the club does not rest on the bone of the cervical spine. Perform a series of knee-bends or should I use the dreaded word squats. If you have knee pain, shorten your range of motion and do not descend to deep. Do this 10 times.
- 2) After the squats stay in your golf stance with the club behind your neck and lean forward as if you were going to set up. Now just twist from left to right. This simulates your take away and follow through so be sure to keep your back straight. You will try to increase your range as you come back and follow through each time. Do this 24 times, which is 12 per side.
- 3) Once again leaving the club where it is and staying in a golf stance, I want you to perform a series of good mornings. Make sure your knees are slightly bent, back straight, and chest out. Lean forward as far as you can until you become almost horizontal with the floor. DO NOT BOUNCE! Hold each repetition for about 1-2 seconds before coming back up to the top. Do this 10 times.
- 4) Now for the upper body, you should do one-arm take aways and one-arm follow throughs. Basically take your lightest club you have and set up at address. Now with your right hand only, just come around to the top of your take away and hold for 1 second. Come back to address and repeat this 10 times. Now do the same but using your left hand to perform the follow throughs.

This is a circuit can be done two times and should be performed before any activity, even if you are going to hit some golf balls on the range. I would limit those to just 30 balls. You don't want to tire yourself before you even hit off the first tee!

These are just a few suggestions that will help you prevent injury and perhaps increase your distance but most of all will prepare your body for the game!

If you have more questions or would like to make your free golf assessment with me please feel free to contact me at 954-592-8982.