

# Wacky Warm-Ups

## (Spinner 1-12)

Whatever number you land on... you must do it before your next shot.

### 1. Triple Spin

- Spin 3 times, then hit one shot.

### 2. Mega-Wide Stance

- Widest stance possible for one shot.

### 3. S-L-O-W Practice Swing

- One practice swing in super slow motion, then hit.

### 4. One-Foot Wonder

- Stand on one foot while you swing (one shot).

### 5. Statue Mode

- Freeze for 5 seconds, then hit.

### 6. Feet Together

- Feet touching for one shot.

### 7. Hips & Quote

- Wiggle your hips for 2 seconds and say loudly, "It's all in the hips," then hit.

### 8. No-Look Shot

- Look up or close your eyes for one shot.

### 9. Deep Breath

- Big inhale... loud exhale... then hit.

### 10. Club Twirl

- Twirl your club before you address the ball, then hit.

### 11. One-Handed Swing

- One-handed swing for one shot.

### 12. Tiger Fist Pump

- After your shot (good or bad), do a Tiger Woods fist pump