

Dynamic Golf Fitness

Golfer's 10-Step Warm-up



#1 Torso Twists

With both hands, hold an iron in front of you and rotate side to side. Focus on moving upper body and engaging/loading your hips (30 seconds).



#2 Leg Swings

Using an iron at your side for balance, swing one leg forward & back 10X, then laterally side to side 10X. Repeat using other leg.



#3 Air Squats

Hold an iron in front of you with arms extended. Focus on balance, form, and keeping your back as upright as possible (30 seconds).



#4 Lateral Lunges

Start with feet shoulder width apart and arms extended forward. Step out to the right and shift your body weight over your right leg. Try to sit down with your butt, keep your back as upright as possible. 10X each side.



#5 Lateral Lunge w/Rotation

Continue lateral lunge movement and add an outward rotation of your torso. Focus on opening the chest and keeping arms extended. 10X each side.



#6 Wrist Flex

Hold an iron in front of you with arms extended and hands about 2" apart. Twist in each direction (turn the wheel) (30 seconds).



#7 Shoulder Swim

Hold an iron across and close to chest with hands together, elbows up and forearms parallel to iron. "Swim" with shoulder rotations. 10X rotations, then reverse direction.



#8 Forward Lunge w/Rotation

Stand with feet at shoulder width, holding hands relaxed in front of you (with or without an iron). Step forward and rotate torso to side you are stepping forward on. If you have knee issues, step back into a static lunge with an open back foot. 10X each side.



#9 Lower Hip Rotation

Hold an iron in front of you with arms extended and loose hands. Focus on left and right hip rotations while keeping upper torso stationary. Feet stay planted and knees aren't involved. Focus on hip mobility. 10X rotations to each side.



#10 Upper Rotation

Hold an iron against front of chest with arms crossed and in a golf posture. Focus on a ground target and keep head stable, rotate right & left with short holds on each side. After 10X, try back rotation, hold, then fire with follow through.

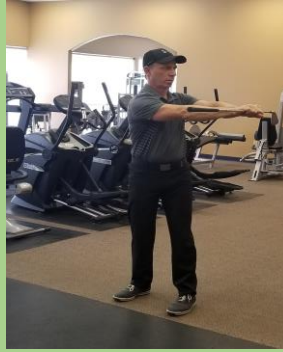
Flexibility – Mobility
Strength – Speed
Stability

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#1 – Torso Twists



#2 – Leg Swings



#3 – Air Squats



#4 – Lateral Lunges



#5 – Lateral Lunge W/Rotation



#6 – Wrist Flex



#7 – Shoulder Swim



#8 – Forward Lunge W/Rotation



#9 – Lower Hip Rotation



#10 – Upper Rotation



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