



Golf Warm Up Guide

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IS THIS YOU?

Arrive just 5-10 minutes before your tee time, rush through a few practice swings, and then find yourself struggling through the first few holes, mishitting and duffing your shots.

A well-structured warm-up routine is one of the **most crucial** aspects of improving your golf game, yet many recreational golfers tend to ignore it

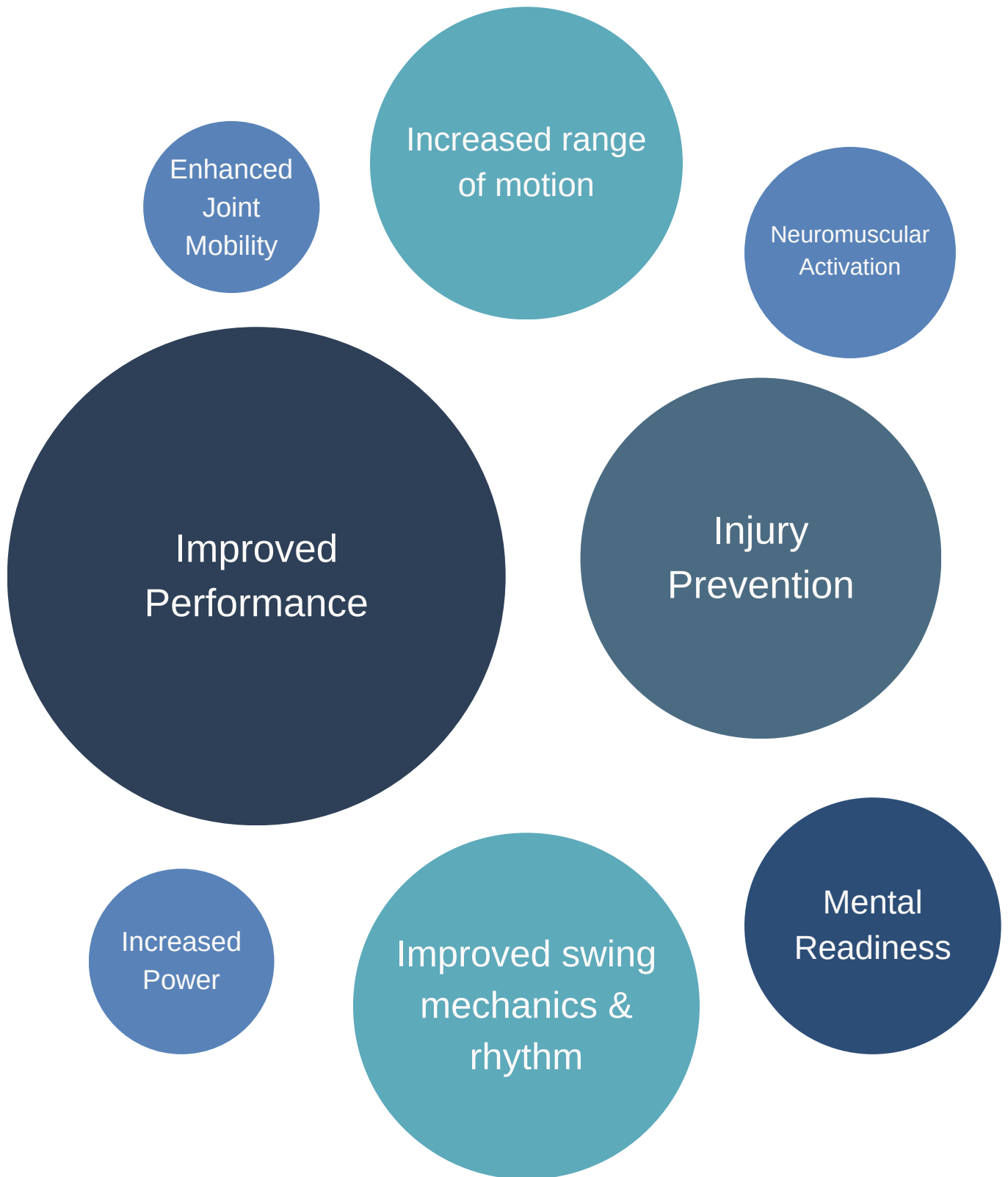
Just look at the tour pros—they dedicate hours in the gym to prepare their bodies before hitting the course. **Taking the time to warm up can significantly enhance your performance** and set the tone for a successful round.

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It's been found that players who performed a deliberate dynamic warm-up prior to playing a competitive round saved an average of 1.5 strokes per round.

Campbell, the head trainer at the Golf Performance Center in Ridgefield, Conn.

WHY WARM UP?



WHY AREN'T YOU DOING IT?

Anyone can incorporate a dynamic warm-up into their game, all you need is a little of space, a golf club and about 5-10 minutes.

I've created this easy-to-follow warm-up guide to help you perform at your best. These movements will activate your body, increase your heart rate, and boost your concentration - **ensure you're physically and mentally ready for whatever comes next.**



A 2019 systematic review found that golfers who warmed up for at least 10 minutes were less likely to report injuries than those who didn't. The review suggested that dynamic stretching and light resistance exercises were effective in improving key performance metrics such as clubhead speed, carry distance and accuracy.¹

¹ Ehlert, Alex; Wilson, Patrick B.. A Systematic Review of Golf Warm-ups: Behaviors, Injury, and Performance. *Journal of Strength and Conditioning Research* 33(12):p 3444-3462, December 2019. | DOI: 10.1519/JSC.0000000000003329

Perform these movements 10-15 repetitions, each side
Slow and controlled, gently push into a light stretch



1) Wrist flexion & extension



2) Shoulder external rotation



3) Lats stretch



4) Overhead Squat







7a) Hip Twirl



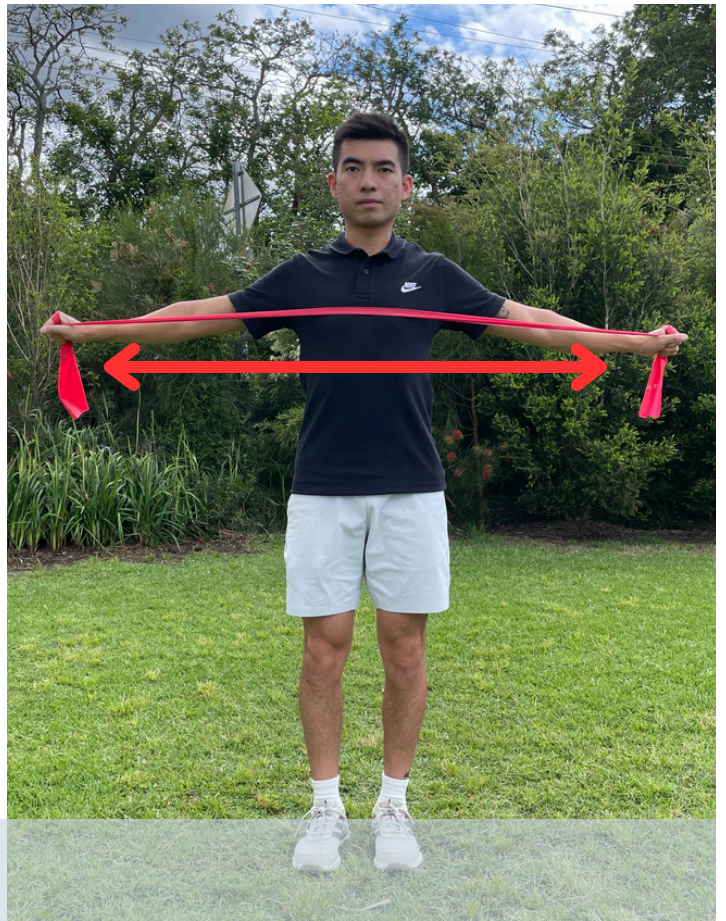
7b) Hip Twirl



7c) Hip Twirl



7d) Hip Twirl





10) Banded chainsaw



Do you want to decrease stiffness, improve flexibility and drop your handicap?

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