

Sequencing your Golf Specific Warm Up

By Ramsay McMaster

1. Flexibility & Mobility Warm Up

Combined Hip Trunk & Shoulder Stretch



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise
2. Repeat the exercise on both sides, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing & check to see "if it feels worse or better".

Exercise Description:

- Get into the lunge position, feel stretch at right hip.
- Maintain an upright posture, suck in your lower abdomen.
- Hold spikey ball above head keeping your fingers straight.
- Bend trunk to left side, keeping head on shoulders.
- Hold stretch for at least 15-30 seconds on both sides, repeat 1 to 3 times.

Check Common Breakdowns:

- Head and arms come forward and & flexed.
- Poor knee and hip stability.
- Poor overall balance.

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2. Flexibility Mobility and Balance

Gluteals and Neck Stretch with Semi Squat



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise
2. Repeat the exercise on both sides, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Keeping your body and spine in a stable and upright position.
- Place your right ankle over your left knee.
- Slowly get into a semi squat position, keep your left hand in a pistol grip position.
- Slowly stretch your neck to the right side using your right hand.
- Hold stretch for at least 15-30 seconds on both sides, repeat 1 to 3 times.

Check Common Breakdowns:

- Neck shoulders and trunk lean forwards.
- Poor balance and considerable swaying can occur.



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3. Balance with Static Posture and Extension



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise
2. Repeat the exercise on both side, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Stand upright in the "Angel Wings Position" against the wall.
- Place the spikey ball between the balls of your feet.
- Keep your nose and belly button in line with the ball.
- Suck in your lower abdomen.
- Tuck in your chin & look at the bottom of your lower eyelids.
- Keeping your arms by your side & forming a pistol grip on both hands slowly lift the ball up with your feet.
- Feel yourself getting taller as you pump up.
- Hold exercise for at least 30- 60 seconds on both sides, repeat 1 to 3 times.

Check Common Breakdowns:

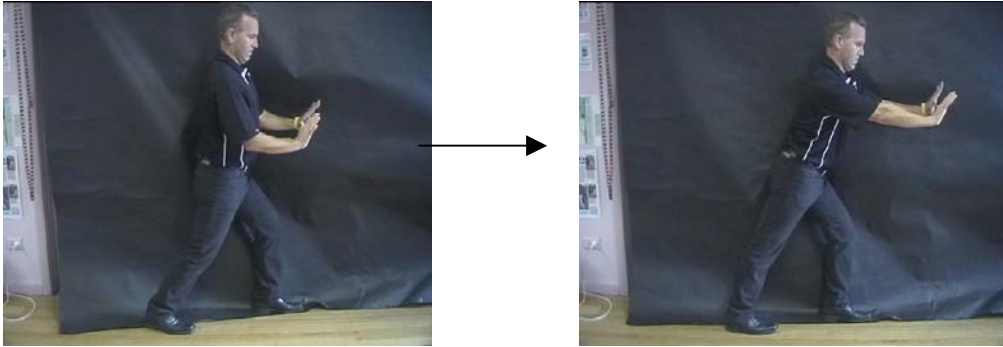
- Head drops forward.
- Bottom sticks out.
- Shoulders and posture become flexed.
- Breakdown of body segments.



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4. Static Posture Extension and Core Stability Work

Pushing the Truck



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise. the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Keeping in an upright posture.
- Maintain good trunk shoulder and spinal stability.
- Slowly extend your arms and thrust your body in a slow pushing movement against an imaginary truck.
- Feel your shoulders; neck, abdominals, gluteals & legs all work together as if you are simulating a hydraulic pump.
- Hold exercise for at least 15-30 seconds on both sides, repeat 1 to 3 times.

Check Common Breakdowns:

- Shoulders go forwards.
- Elbows bend.
- Trunk and neck tend to bend.
- An overall breakdown of the movement.



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5. Core Stability and Rotation

X-Factor Check



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise.
2. Repeat the exercise on both sides, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Keep yourself in an upright and stable posture.
- Place your elbows in by the sides of your ribcage.
- Make "pistol grips" with both hands.
- Suck in your lower abdomen and make sure you keep your chin tucked in.
- Slowly rotate your trunk to the right whilst maintaining your hips in a fixed position.
- Keep your elbows into your ribcage, feel the coil between your inside thigh and lower abdominals.
- Hold exercise for at least 15-30 seconds on both sides, repeat 1 to 3 times.

Check Common Breakdowns:

- Arms move away from the body;
- Trunk twists awkwardly;
- Poor stability at the hips and shoulders.



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6. Core Stability, Rotation & Dynamic Posture

Cross Over the Body Exercise



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise
2. Repeat the exercise on both sides, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Keeping in an upright position and maintaining good spinal posture at all times, cross your right elbow on to the top of your left knee.
- Continue by crossing your left elbow on to your right knee.
- Keep pistol grips on both hands.
- The movements should be smooth & the speed of the exercise gradually increased.
- Repeat 15 times on either side.

Check Common Breakdowns:

- Poor coordination of right and left sides.
- Body goes into flexion.
- Poor balance.
- Poor trunk and shoulder stability.



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7. Dynamic Posture with Anaerobic and Aerobic Activity

Chasing the Golf Trolley with Breathing Control



Sequencing Rules:

1. Make sure you have good breathing and tempo control throughout the exercise
2. Repeat the exercise on both sides, if it is a unilateral exercise, compare the efficiency of the right side compared to the left side.
3. If you experience dizziness or pain, STOP.
4. After each exercise simulate a golf swing and check to see "if it feels worse or better".

Exercise Description:

- Maintaining good posture.
- Place your hands on the side of your waist, just above your belt line.
- Slowly march on the spot maintaining good form at all times.
- Slowly build up the pace.
- Repeat for 15 seconds, 3 times

Finally for breathing control

- Get into a golf set up position.
- Place the back of your hands on either side of your ribcage and breathe in through your nose for 3 seconds and out through your mouth for 6 seconds.
- While doing this, alternate lifting your right and left toes off the ground.

Check Common Breakdowns:

- Loss of posture;
- Breathlessness;
- Poor coordination.

