

Warm-Up for a Better Performance

A good warm-up not only prepares you physically and mentally for your game, it also prevents from possible injuries. Warm-up 15-20 minutes every time before you play or practice. This guide is divided into three parts:

1. **General Warm-Up** improves circulation and coordination and warms-up muscles.
2. **Flexibility and Stability** improves strength, flexibility, stability and balance.
3. **Activation** improves neuro-motor activation and power and is a mental preparation.

1. General Warm-Up

- Running
- Skipping rope
- Jumping jacks

Goal: Warm-up entire body

Tip: Try different arm/leg combinations (see pictures below)

Repetition: 2-5 minutes



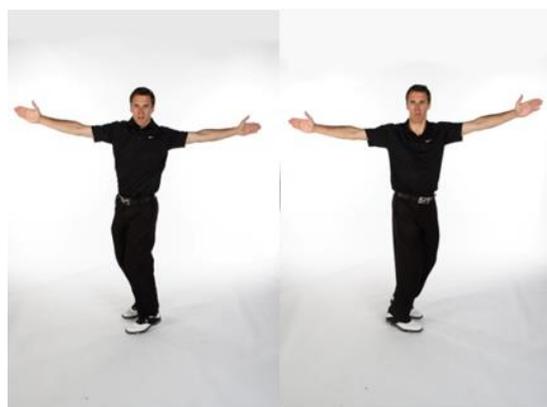
- Twisters

Fast hip rotations, keep arms straight out and shoulders in line.

Goal: Activate your rotator muscles

Tip: Jump and rotate your lower body quickly from side to side

Repetition: 10-20 times





Flexibility and Stability

- Lunges

Start from basic stance with hands on waist and step forward with one leg. Keep your shin upright and knee in line with toes. Push back hard with front leg to start position and repeat with other leg.

Goal: Strengthen your thigh muscles for stability

Tip: Add different movements to the upper body (see pics 3-6)

Repetition: 10-20 times



- Woodchopper

Start from basic stance and lift arms up and bend back. Focus on extension to upper back and shoulders. Bend down to stretch hamstrings.

Goal: Warm-up extension/flexion

Tip: Try diagonal movement: left-down right-up, center, right-down left-up

Repetition: 10 times



- Squats

Start from basic stance with hips one-foot wide, toes straightforward. Squat down and keep your knees in line with toes. Lifting your arms to the front helps to keep the balance (pics 1-2).

Goal: Strengthen your legs and glutes for stabilization and more power for swing

Tip: Try over-head squats, keeping your arms straight over your head (pics 3-6)

Repetition: 10-20 times



- Leg side rise
- High-kicks
- Dynamic leg-stretch

Leg side rise: stand on one leg and push other leg away from body.

High-kicks: stand one leg and swing the other leg up.

Dynamic leg-stretch: hold the ankle and bend down from hips to touch the ground with one hand.

Goal: Improve balance for core stability

Tip: Focus on holding your balance and keep your core tight at all times

Repetition: 5-10 times with each leg



- Pelvic tilt
- Hips rotation

Pelvic tilt: take your (5-iron) golf stance and cross your arms to the chest. Start with pelvic tilt movement to mobilize and control your lower back. Tilt your pelvis forward to max arch (pic 1) and tilt backwards. Finish in neutral position.

Hips rotation: Stabilize your shoulders to the middle position and rotate your hips right to left and back.

Goal: Stabilize stance stance for consistent swing

Tip: Focus on stabilizing shoulders

Repetition: 10 times





- Upper body rotation

Take your golf stance and extend arms straight out. Stabilize your hips and rotate (swing) your upper body to right and left.

Goal: Stabilize hips and increase rotation range helping you to hit the ball further

Tip: Keep eyes on the ball

Repetition: 10 times



- Side bending

Start from basic stance with hands on hips. Keep hips in the middle and bend right and left.

Goal: Stabilize hips

Tip: Try extending arms up

Repetition: 5 times each side



- Push-ups
- T-rotations

Start from push-up position with straight body. Repeat push-up, t-rotation (one side), push-up, t-rotation (other side).

Goal: Strengthen and stabilize your upper body and core

Tip: Keep your core tight at all times

Repetition: 5 times



- Inch worm

Stand up straight and bend down with hands to reach the ground. Start walking with your hands as far as possible to challenge your core. Move your legs with straight knees as close to your hands as possible. Keep moving forward or return back to your starting position.

Goal: Activate and strengthen your core and stretch hamstrings

Tip: Keep your core tight at all times

Repetition: 5 times



- Windmills
- Egyptian

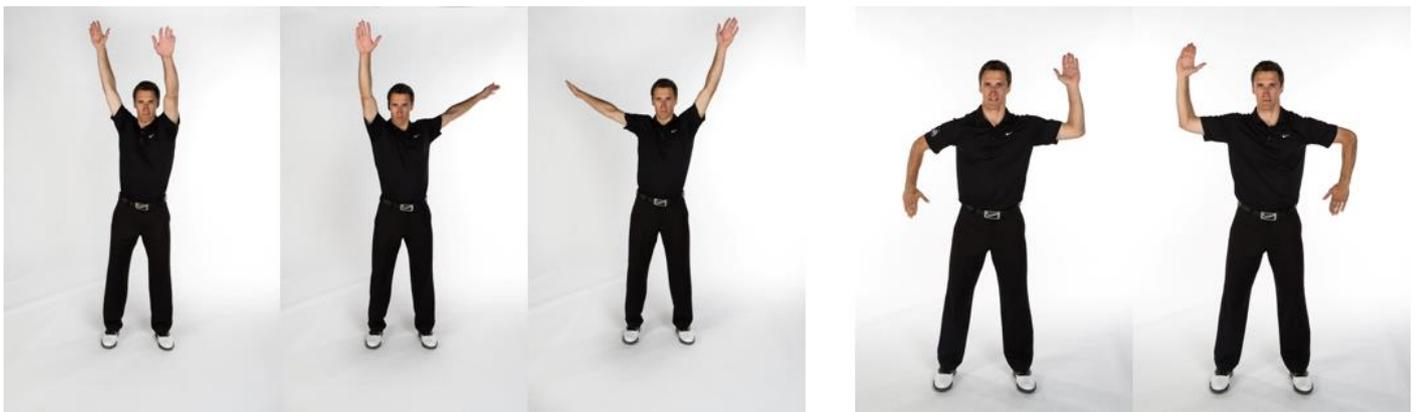
Windmills: Start with straight arms and move arms in big circles both ways.

Egyptian: Take 90 degrees to elbows and 90 degrees to shoulders and rotate arms.

Goal: To warm-up shoulder area

Tip: Rotate opposite ways for maximum coordination

Repetition: 10 times each





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- Forearm stretching

Extend your arm palm up, bend wrist down and stretch with other arm. Turn fingers out and palm in and stretch with other arm.

Goal: Warm-up arms and hands for better grip

Tip: Always stretch both inside (flexor) and outside (extensor)

Repetition: 2 times each arm for 5 seconds



- Neck stretching

Goal: Prevent neck stiffness

Tip: Stand straight and relax shoulders

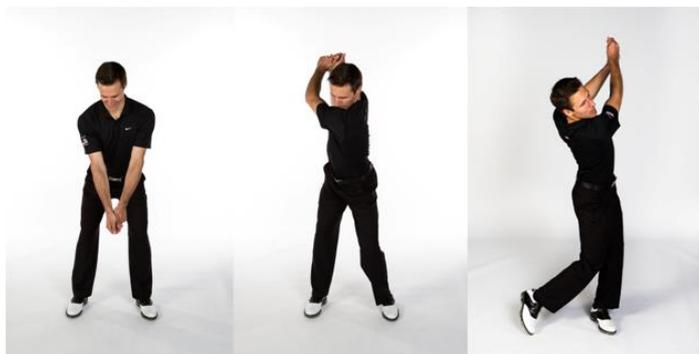
Repetition: 2 times each side for 5 seconds



ACTIVATION

- Power swings

Take golf stance and swing with maximum speed with both your right and left side.



- Medicine ball swings

Take golf stance with 1-2kg medicine ball in hands. Do a full swing and throw ball as far as possible or approx. 2 meters to the ground in front of you with both sides.

Goal: Maximum power swing with good technique

Tip: Medicine ball swings help transfer power to your golf swing

Repetition: 5 times each side



- Squat/Jumps

Take your squat stance and go down as fast and jump as high as possible.

Goal: Maximum power activation

Tip: Keep knees in line with your toes and concentrate on soft landings

Repetition: 3 times

- Slap (with partner)

Take your golf stance with your partner in front of you. Put your hands outside of the partners' hands. When your partner moves one hand you should (softly) slap the other hand as quickly as possible.

Goal: Concentration before starting training or game

Tip: Hands should be on level of your thighs

Repetition: 2 minutes

