

Basic Warm-up & Stretching Exercises for Golf

Please consult a Health Care professional before beginning any new exercise program.

Upper Body



Wrist Extension Stretch:

Hold arms out straight out, with palms down. With opposite hand gently pull fingers and hand up towards the sky. Hold for 20 seconds and repeat 3 times, then switch hands.



Wrist Flexion Stretch:

Hold arms out straight out, with palms down. With opposite hand gently pull fingers and hand down toward the ground. Hold for 20 seconds and repeat 3 times, then switch hands.



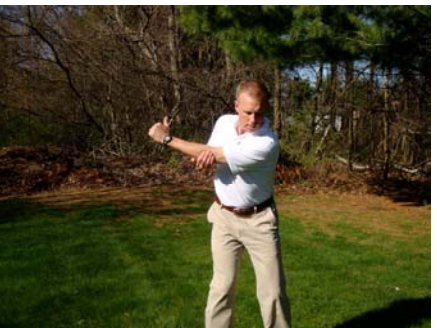
Chest Stretch:

In your golf posture, grab the club just outside of shoulder width and hold it overhead with arms bent. Hold for 10 seconds and repeat 10 times.



Overhead Side-Bend:

Grab the club just outside shoulder width and hold club overhead. With feet shoulder width apart lean to one side until a comfortable stretch is felt. Hold for 20 seconds and switch sides. Perform this stretch 3 times in each direction.



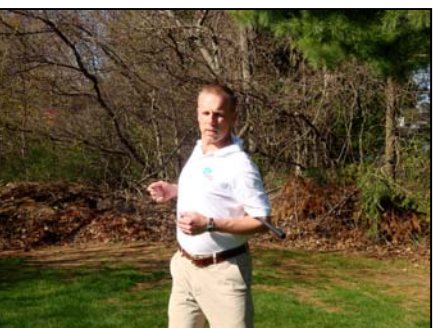
Posterior Shoulder Stretch:

Stand with your feet shoulder width apart as though you're addressing a golf ball. Hold your left elbow with your right hand. Keeping your thumb pointed up, rotate your trunk to the right and pull on your left elbow until a gentle stretch is felt. Hold for 20 seconds and repeat 3 times, then switch arms.



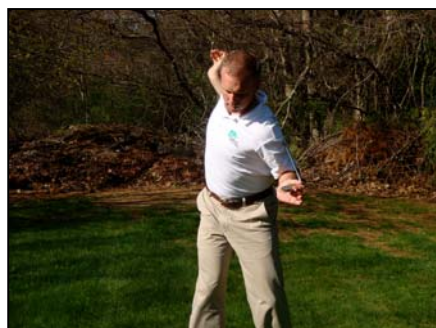
Anterior Shoulder Stretch:

Stand with your right arm and elbow at 90°. Place the head of the club in your right hand with the shaft of the club behind your arm. Grab the grip of the club with your left hand and gently pull it upwards until a gentle stretch is felt. Hold for 20 seconds and repeat 3 times, then switch arms.



Rotation Stretch:

Lace your golf club between your arms and back. With feet shoulder width apart, rotate side to side until a stretch is felt. Hold 10 seconds. Perform 1 set of 10 in both directions.



Rotation stretch in address posture:

Hold your golf club behind your shoulders while in your golf address posture. Rotate to the right as you would in your back swing. Hold 10 seconds, and repeat to the left. Perform 1 set of 10.

Lower Body



Standing Hamstring Stretch:

Hold your golf club behind your neck, and place your left foot on a tee bench. Slightly bend your knee and bend your upper body forward, until you feel a comfortable stretch. Maintain the stretch while slowly rotating your right shoulder to the left. Hold for 20 seconds and repeat 3 times, then switch legs.



Hip Flexor Stretch:

Begin by kneeling on one knee. Keep back straight and chest out and slowly lean forward keeping knee in contact with the ground. This stretch should be felt from lower abdominals down in to the quad. Hold for 20 seconds and repeat 3 times, then switch legs.



Side Lunge:

Hold your golf club behind your neck. Step out to the side until a stretch is felt on the inside of the leg. Hold 5 seconds, then return to the starting position and repeat to the other side. Perform 1 set of 10.



Trunk Rotation:

Lay on your back with your right shoulder blade on the floor, rotate your knees to the left until a stretch is felt. Hold 20 seconds and repeat 3 times. Repeat to the other side.



Seated Figure 4:

Place your right ankle on your left thigh. Push down with your right knee until you feel a gentle stretch in your hip. Hold for 20 seconds and repeat 3 times, then switch legs.



Body Weight Squats:

Start with feet shoulder width apart, arms straight out in front of you and body straight with abdominals tight. Slowly bring body down into a squatting position. Keep weight back on heels without letting your knees go over your toes. Perform this exercise for 1 set of 10 and repeat 3 times.