

Dynamic Warm-Up For Golfers

Neck Circles

30 seconds in each direction



Drop your chin down to your collar bone, then rotate your head in a circle, bringing your ear to your right shoulder, up to the sky, to your left shoulder, then down at the floor. Repeat for 30 seconds and then switch directions.

Neck Rotation

60 Seconds



Turn your head to the left and hold for 2 seconds, then to the right and hold for 2 seconds. Repeat for 60 seconds.

Torso Rotation with Club

60 Seconds



Stand in a 5-iron posture with your feet shoulder-width apart, and a slight bend in your knees and waist. Hold the club in front of your shoulders with crossed arms. Keeping your hips steady, rotate your shoulders from side to side.

Side Bends with Club

60 Seconds



Stand with your feet shoulder width apart. Hold the club on your shoulders behind your neck. Keeping your back straight, bend to your left and hold for 2 seconds, then to the right and hold for 2 seconds. Make sure you're not bending forward or backward as you bend from side to side.

Shoulder Circles

30 seconds per direction & side



Do small shoulder circles for 30 seconds, first clockwise and then counter clockwise.

Toy Soldiers

60 seconds



Walk forward, kicking one leg and then the other out in front of you while keeping your back and knees straight. As you kick, reach your arm on the same side, aiming to touch your toes to your fingers. Keep your toes flexed toward your body as you kick.