



By Ramsay McMaster Golf Physiotherapist

Your **5** minute golf warm-up

Sequencing Your Golf Warm Up

To build up the correct 'feel' in your golf swing

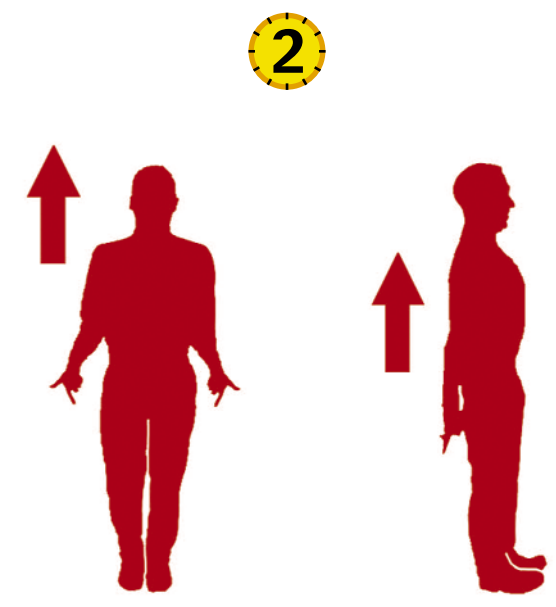
Instructions:

1. The golf exercise drills will gradually build up the correct "feel" for golf performed in the correct sequence.
 2. Maintain good breathing and tempo control throughout each golf exercise drill.
 3. Maintain good upright posture throughout each exercise drill.
 4. Use pistol grip on both hands with each exercise drill.
 5. Repeat each exercise for between 15-30 seconds 2-3 times depending on time and ability to maintain form.
- stop if you experience sharp pain, dizziness or have an acute condition.



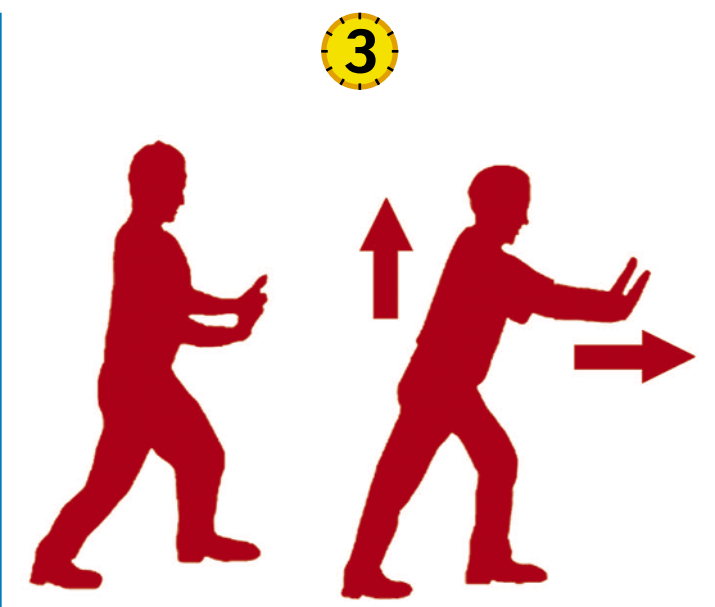
BUILDING UP YOUR 'GOLF FEEL'
Using the Flexibility & Mobility Warm-up Drill

Combined Hip Trunk & Shoulder Stretch
Get into the lunge position, feel stretch at right hip. Maintain an upright posture and suck in your lower abdomen. Hold golf club above head with pistol grip. Bend trunk to left side, keeping head on shoulders.



BUILDING UP YOUR 'GOLF FEEL'
Using the Balance & Static Posture Warm-up drill

Standing upright in the 'angel wings position' against the wall, place a golf ball between the balls of your feet. Keep your nose and belly button in line with the ball. Tuck in your chin and look at the bottom of your lower eyelids. Keeping your arms by your side and forming a pistol grip in both hands, slowly lift the ball up with your feet. Feel yourself getting taller as you pump up.



BUILDING UP YOUR 'GOLF FEEL'
Using the Core Stability Golf Drill

Push
Slowly extend your arms and thrust the body in a slow pushing movement against an imaginary truck. Feel your shoulders, neck, abdominals, gluteals and legs all work together as if you are simulating a hydraulic pump.



BUILDING UP YOUR 'GOLF FEEL'
Using Core Stability & Rotation

X-Factor Check
Keep yourself in an upright and stable posture. Place your elbows in by the side of your ribcage. Slowly rotate your trunk to the right maintaining your hips in a stable position to the front. Keep your elbows into your ribcage, feel the tension between your inside thigh and lower abdominals.



BUILDING UP YOUR 'GOLF FEEL'
Using Core Stability, Rotation & Dynamic Posture

The Cross Over Golf Exercise Drill
Stand in an upright position and maintaining good spinal posture at all times, cross your right elbow to the top of your left knee. Then cross your left elbow on to your right knee. The movements should be smooth and the speed of the exercise gradually increased.