



Golf Dynamic Warm-Up

Trainer: Kelly Doyle, MS, CSCS

*K's Body Shop Personal Fitness Training recommends that you consult your Physician **BEFORE** beginning this or any new workout program! You should seek qualified professional instruction when learning new strength training exercises to ensure proper technique and avoid injury.*



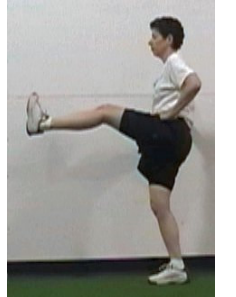
Warm Up:

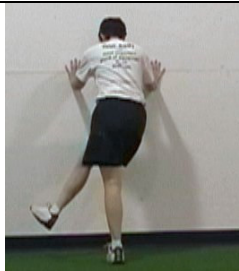





The warm-up should gradually increase heart rate, blood pressure, oxygen consumption, dilation of the blood vessels, elasticity of the active muscles and the heat produced by the active muscle groups. The warm-up should consist of two distinct parts:




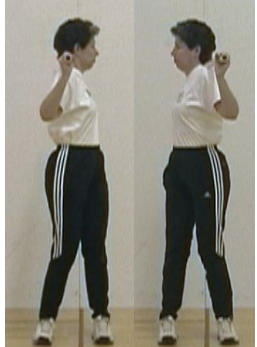
- 1) easy aerobic activity for 5-10 minutes such as easy jogging or walking,
- 2) followed by a dynamic warm-up.

Dynamic Warm-Up:

Exercise	Reps	Sets	Tempo	Rest
Ball Chops	10	1	active	minimal
Hip Swings Linear	10	1	active	minimal
Hip Swings Lateral	10	1	active	minimal
Gastroc w/ Rotation	10	1	active	minimal
Lunge with Overhead Lift	10	1	active	minimal
Torso Twist	10	1	active	minimal
Side Bend	10	1	active	minimal
Soleus w/ Rotation	10	1	active	minimal
Standing Adductor	5-10	1	active	minimal
Lunge with Twist	10-15	1	active	minimal
Easy Golf Swings – both directions	10	1	active	minimal

BALL CHOPS		
Preparation	<p>Stand with feet hip width apart, neutral spine angles, and abdominals engaged.</p> <p>Hold ball (such as stability ball, medicine ball, or volleyball) in both hands.</p>	
Movement	<p>Squat down while bringing ball towards floor on left side of body.</p> <p>Stand erect while bringing ball overhead on right side of body.</p> <p>Repeat for desired number of reps.</p> <p>Repeat on opposite side.</p>	
Variations		
HIP SWINGS - LINEAR		
Preparation	<p>Begin by bracing yourself against a wall or sturdy object with your arm.</p> <p>Retract shoulders to neutral position.</p>	
Movement	<p>Controllably swing leg forward and back stretching the hamstrings and quads.</p>	
Variations		

HIP SWINGS - LATERAL		
Preparation	<p>Begin by bracing yourself against a wall or sturdy object with your arms.</p> <p>Retract shoulders to neutral position.</p>	
Movement	<p>Controllably swing leg side to side stretching the hip adductors and abductors.</p>	
Variations		
GASTROC – WITH ROTATION		
Preparation	<p>Begin by bracing yourself against a wall or sturdy object with your arms.</p> <p>Retract shoulders to neutral position.</p> <p>Your back leg should be straight at the knee with toes pointing straight ahead. Keep heel flat on floor.</p> <p>Lift front knee so that foot is off floor.</p>	 
Movement	<p>Keep rear foot on the ground, with the opposite hip and knee bent throughout exercise.</p> <p>Slowly move through your hips creating pronation and supination at the ankle. Heel of back foot must remain in contact with floor.</p> <p>Knee of back leg should be kept straight throughout exercise.</p>	 
Variations		

LUNGE WITH OVERHEAD SB LIFT		
Preparation	<p>Stand with erect posture while holding a stability ball (or medicine ball) directly in front of you.</p> <p>Maintain neutral spine angles throughout exercise.</p>	
Movement	<p>Take a lunging step forward while simultaneously lifting ball overhead.</p> <p>Return to start position by either stepping back with lunging leg or stepping forward with back leg.</p> <p>Repeat on both sides for desired number of reps.</p>	
Variations		
TORSO TWIST		
Preparation	<p>Stand erect with good posture.</p> <p>Hold golf club or dowel across back of shoulders as shown.</p>	
Movement	<p>Slowly rotate as far as you can to the right and left while maintaining erect posture.</p> <p>Keep feet flat on floor with toes pointing straight ahead.</p>	

SIDE BEND

Preparation

Stand erect with good posture.

Hold golf club or dowel overhead as shown.

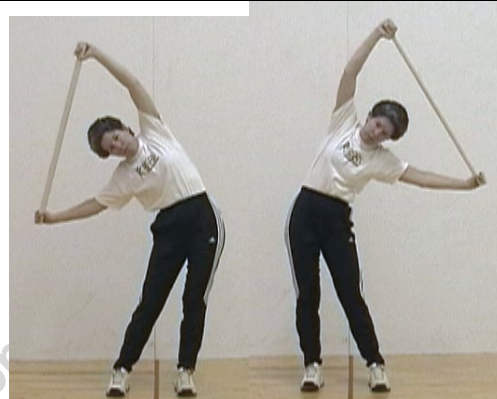


Movement

Slowly bend to the side as far as you can to the right and left.

Keep feet flat on floor with toes pointing straight ahead.

Do not bend forward at the waist.



Variations

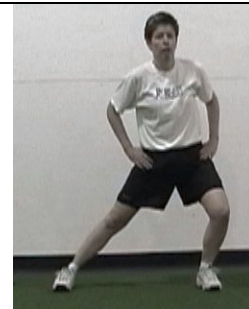
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HIP ADDUCTOR - STANDING

Preparation

With legs spread, shift weight to one side so that one knee is straight and the other is bent (as shown).

Keep toes pointed straight ahead.



Movement

Keeping knee straight, rotate body to left and right to vary the stretch.

Switch sides and repeat.

Can be done as a static stretch or an active stretch.



Variations

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LUNGE WITH TWIST

Preparation

Stand erect with good posture holding a medicine ball at chest height directly in front of you as shown.

Maintain neutral spinal angles and upright torso throughout exercise.



Movement

Take a lunging step forward with right foot while simultaneously twisting torso to left side.

Keep ball directly in front of chest.

Step forward with left foot while twisting torso to right side.

Repeat for desired number of reps.



Variations

Twist torso to right side while stepping with right foot.

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