

Golf Warm Up & Stretch Program
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STANDING with CLUB

1. **Shoulder Raise with Straight Arms – 10 repetitions**
 - **Keep arms straight while holding on to club and lock elbows to bring club over your head.**
2. **Overhead Squat with Straight Arms – 10 repetitions**
 - **Complete 5 repetitions with arms overhead and 5 repetitions with arms straight out in front of chest. Keep weight back on your heels and back as straight and tall as possible.**
3. **Upper Body Torso Twist – 10 repetitions**
 - **Arms straight out in front of your chest and turn your core keeping the arms straight and club in front of your chest as you use your core to rotate just your torso left and right in fluid motion.**
4. **Lower Body Torso Twist – 10 repetitions**
 - **Arms straight out in front of your chest and turn your core keeping your arms straight and club in front of your chest as you turn your core and also pivot onto the toe with each rotation left to right.**
5. **Side Bend with Straight Arms Overhead – 10 repetitions**
 - **Arms are straight overhead with elbows locked bend down towards one side keeping your body tall to stretch out the obliques and then switch to other side keeping your arms in line with your body – Do not break the bend in the elbow.**
6. **Side Lunge with Straight Arms – 10 repetitions**
 - **Arms straight out in front of your chest holding the club. Stand with a wide stance and straight legs. Slowly bend the knee into a side lunge while keeping your opposite leg straight to stretch the inner thigh. Keeping the club and chest facing forward and not turning the torso.**
7. **Hamstring Back Stretch – 15-20 seconds**
 - **Holding the club overhead with arms straight slowly bend down keeping your legs straight and hinging at the hips to stretch the hamstrings and lower back.**
8. **Windmill Torso Twist – 10 repetitions**
 - **Standing in drive stance without the club and hands together. Keep one arm straight down and hand towards the ground while the opposite arm reaches up to the backswing and switching the hands to the follow through. Keep yourself in a good drive position throughout the whole motion and eyes down looking at the ball.**

LAYING on MAT

1. **Opposite Arm & Leg Flexion – 10 repetitions**
 - **Laying on your back with one arm straight above your head on the ground and legs straight. Bring your opposite arm and leg up off the ground towards the respective side. Complete 5 with your head down and 5 with your head coming off to activate your core in a crunch position.**
2. **Bent Leg Pull Stretch – 15-20 seconds**
 - Laying on your back pull one knee in towards your chest while straightening the other leg on the ground. Repeat on the opposite leg to stretch the hip flexors.**
3. **Straight Leg Pull Stretch – 15-20 seconds**
 - Laying on your back with both legs straight, pull one leg up straight towards your body while keeping the other leg down on the ground. Repeat on the opposite leg to stretch the hamstrings.**
4. **Figure 4 Glute Stretch – 15-20 seconds**
 - Laying on your back with both legs bent, place your right ankle on top of the left knee and pull your left knee in towards your chest to stretch out the right glutes. Repeat on the opposite side to stretch the left glutes.**
5. **90* Side Sway – 10 repetitions**
 - Laying on your back with your legs and knees at 90* and arms perpendicular to your body on the ground with palms down. Rotate your legs and knees to the left and right using your core and obliques to bring your bent knees to the right and left.**
6. **Bridge – 10 repetitions**
 - Laying on your back with your knees bent and your feet flat on the ground about hip width apart. Slowly brace your lower back and squeeze your glutes and hamstrings to bring your lower back and glutes off of the ground and slowly lower back down to the ground.**
7. **Bent Knee Back Stretch – 15-20 repetitions**
 - Laying on your back bend both knees and pull your knees together into your chest by placing your hands on your shins so stretch the lower back.**
8. **Alternate Arm & Leg Raise – 10 repetitions**
 - On all fours on your hands and knees. Bring your opposite arm and leg off the ground keeping them straight in line with your body. Repeat on the opposite side.**
9. **Childs Pose Stretch – 15-20 seconds**
 - Kneeling on the ground bring your hands down in front of you to stretch forward and bring your head down in line with your arms. Try to keep yourself sitting back onto your heels as much as possible to stretch your upper back, lats and lower back.**
10. **Runners Stretch – 15-20 seconds**
 - With one foot on a chair or steady bench bring your opposite foot behind you with both knees bent. Bring your hands down onto the bench to stretch your hip flexor and quad on the leg that is behind you.**