



## **The Dynamic Golf Warm Up**

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# Introduction

The way in which a golfer warms up sets the tone for the practice session, and the entire rest of the day on the course.

It stands to reason then that this is one of the most important parts to a successful round of golf and better overall game.

Make no mistake that the warm up is one of the most important parts to becoming a better player and athlete, yet it is one that is often done wrong,

and by many players skipped altogether.

Be sure to take a few minutes before each practice session or round to perform a dynamic warm up. Your coordination, mobility and flexibility will all be heightened and primed for action before you even take your first swing.

## **Stretching Is NOT A Warm Up!**

I know this will come as a bit of a shock to most people as stretching is usually synonymous with warming up.

Keep in mind I am speaking about static stretching (applying tension to a muscle in a fixed, elongated state so as to stretch it slightly beyond what it is usually capable of), which is what most people think of when they think about stretching.

However, static stretching is not a warm up. It is a workout. A workout consisting of different exercises in which a muscle (or muscles) is stretched a specific way and held for time.

Static stretching actually mirrors strength training which is a workout

consisting of different exercises in which a muscle (or muscles) is contracted in a specific way for reps.

As you can see, static stretching is necessary and extremely beneficial to a golfer, but just not as a warm up.

A warm up on the other hand is something that is done BEFORE a workout or sporting event.

That's right, a warm up is actually done BEFORE static stretching.

Why is this? A big reason is the last thing you want to do in your training

is to forcefully stretch a cold muscle. It is not warm yet, not pliable and much more susceptible to injuries such as micro tears at the very least.

The main reason is that static stretching itself is a workout, and should be treated as one in order to make maximum progress. This is why so many people have a hard time making flexibility gains, because they treat it as a warm up instead of the challenging workout it should be.

# Dynamic Stretching

Ok we now know static stretching is not the way to go to warm up. So what is?

Dynamic stretching is the answer, and benefits the athlete in multiple ways.

The main way is that it gently elongates the muscles through movement (hence dynamic), and does not apply forceful tension to a cold muscle in a fixed position.



The other way dynamic stretching is beneficial to an athlete is that the very act of movement in general, and even more so in multiple directions and different planes primes the body for action much better than static stretching. Dynamic stretching is much more effective at thoroughly preparing a golfer for swinging.

## **The Warm Up**

The dynamic warm up is to be performed at a light intensity on every exercise.

There are 12 exercises. This complete assortment of exercises warms up the entire body including, fingers, shoulders, lower back, hamstrings, etc.

Each exercise has a specific purpose, and is meant to be followed in order. They are laid out in a specific order that is considered ideal for going from a resting state (not swinging a golf club) to a non resting state (swinging a golf club) most effectively.

As a whole, these movements are not meant to be forceful or performed

quickly. They are merely meant to prime the body to do an action that is a little more forceful and quicker i.e. swinging a golf club.

After the dynamic warm up is completed, the same progression should be made during your range session. Swing a shorter club first before working one's way up to swinging a longer club with more force. This is the ideal way to warm up.

Perform each exercise once for one cycle. This will complete the dynamic warm up.

# Dynamic Warm Up Exercises-

**Perform directly before a driving range session or round of golf.**



## **Exercise #1:**

Arms length to side mini circles. Perform forwards 20 rotations, and backwards 20 rotations.



## **Exercise #2:**

Arms swing. Stand arms length to side stretched back and then crossed in front of chest. Every other swing the right arm under the left, and vice versa. One rep is made up of two arm swings. Do 10 swings total.





## **Exercise #3:**

Finger flicks with arms at sides. Open and close your hand as fast as possible by making a fist and then extending fingers. Do 50 flicks as fast as you can.



## **Exercise #4:**

Finger flicks with arms extended to arms length. Perform 50 flicks as fast as you can.





## **Exercise #5:**

Finger flicks with arms extended over head. Perform 50 flicks as fast as you can.





## **Exercise #6:**

Arms length to side big circles. Perform forwards 10 rotations, and backwards 10 rotations.



## **Exercise #7:**

Dynamic shoulder turn. Assume golf stance, extend arms to side. Then keeping arms extended, turn the torso into backswing position, and then into follow through position. This is 1 rep. Perform 25 reps.





## **Exercise #8:**

Toe touch stretch. This is a basic stretch that is performed with a slight movement at the bottom where you gently stretch to close to your max, release the tension a little by lifting up a few inches then back down. Perform these for 45 seconds.



## **Exercise #9:**

Band pull apart. Rear delt and back extension with band. Use a light resistance band, and start with arms directly out in front of you. Keeping the arms straight, bring them out to your sides and backwards until you can go no further comfortably then back to the start. This is one rep. Perform 30-50 reps.





## **Exercise #10:**

Outer delt lateral raise with band. Use a light resistance band, and start with arms at your sides. Keeping the arms straight, bring them out away from your body until they are about parallel with the ground then back to the start. This is one rep. Perform 20 reps.



## **Exercise #11:**

Leg/hip swings. Hold onto something for stabilization (pole, golf cart, wall, etc).

Then swing your leg sideways from out to in, gently feeling a stretch both ways.

Perform comfortably, but try to swing it a little farther each time, then return to start.

This is one rep. Perform 10 reps with each leg consecutively.



## **Exercise #12:**

Toe touch kicks. Hold onto something for stabilization (pole, golf cart, wall, etc) if you need to. Hold your hand out in front of you then swing your leg back slightly before swing kicking your leg up to touch it. You should feel a gentle stretch in your



posterior (glutes, hamstrings and calves). Perform comfortably, but try to swing it a little farther each time, then return to start. This is one rep. Perform 10 reps with each leg consecutively.

\*\*\*Always consult your doctor before starting a new workout. This workout example works for many athletes in multiple sports, and will for others if done safely and correctly. To what extent it will work for others is dependent on many things including but not limited to age, experience, body composition, intensity of training, other genetic factors, etc. Because of this, individual results may vary.\*\*\*