

Getting Ready for Golf

Playing golf requires your body to be flexible, stable and strong. Here are some exercises to help your game and prevent injuries. Perform these exercises one to two hours prior to each round or practice session.

Open Book



Lie on side with knees and hips in a 90 degree angle.

Place palms together with elbows straight.

Slide upper elbow across body and rotate trunk.

Take a deep breath in and out, return to starting position.

Repeat 10 times on each side.

Bridges



Lie flat on back.

Bend knees and place feet and palms flat on the ground.

Push heels into the ground, squeeze buttocks muscles to lift hips off the ground.

Hold for two seconds. Lower to the ground.

Repeat 10 times.

Push-Up Plank



Set up in push-up position with hands under shoulders and elbows straight.

Place feet so that hands and feet form a straight line.

Hold stomach and buttocks muscles tight to hold a straight line for 30 seconds.

Repeat 2-3 times.

Dog and Cat



Set up in "all fours" position with hands under shoulders and elbows straight.

Place knees under hips in line with hands.

Lift head and sag lower back into "dog" position.

Lower head and arch to raise lower back into "cat" position.

Slowly repeat 10 times, with control.

Upper Trunk Rotation



From "all fours" position, sit on heels with toes curled under feet.

Place forearms together on the ground.

Place hand on back of head, turn eyes toward elbow.

Without leaning the body, rotate upper trunk as far as possible. Return to starting position.

Repeat 10 times on each side.

Hip Turns



Stand holding driver handle.

Place feet shoulder width apart with toes forward.

Hold upper body still, rotate hips in both directions.

Repeat 10 times in each direction.

Stork Turns



Perform “Hip Turns” while standing on lead leg only. **NOTE:** For right handed golfers, this is the right side.

Repeat 10 times.

Repeat on trail leg.

Toe Touch Progression



Toe Touch – Toes Up

Place toes on slightly elevated surface (e.g. towel roll) with feet together.

Place towel between legs just above the knees. Raise arms overhead. Breathe in.

Push hips back and reach down for your toes while breathing out.

Bend knees, if needed, to reach toes.

Return to standing and repeat 10 times. Remove the towel.



Toe Touch – Heels Up

Place heels on slightly elevated surface (e.g. towel roll) with feet together.

Follow “Toes Up” instructions above and repeat 10 times.



Toe Touch – Flat Feet

Place towel between legs just above the knees.

Place feet flat on ground with feet together.

Follow “Toes Up” instructions above and repeat 10 times.

Sidebend Stretch



Stand with arms over head.

Place trail leg across the lead leg. NOTE: For right handed golfers, this is the right side.

Sidebend toward the side of lead leg.

Return to standing. Repeat 10 times.

Follow-Through Sidebend



Without a club, start in golf position.

Follow-through and step forward with trail leg and raise arms overhead.

Sidebend toward trail leg. NOTE: For right handed golfers, sidebend toward the right.

Return to golf position. Repeat 10 times.

Step Swing for Speed



Start in golf position with driver. Move feet together.

Swing the club as hard as you can with these modifications:

- *With back swing, step to the side with your lead leg.*
- *With follow through, allow trail leg to step forward.*

Return to starting position.

Perform three sets of three swings with a 20 second rest between each set.