



Golf Rotation

Obliques

Dynamic Golf Warm-Up

Perform each for 30 seconds each at a rate of 1 stretch/2 seconds or 15 stretches over a 30 second period

This warmup has been shown to increase driving distance and accuracy in comparison to traditional (static) stretching).

Warming up for 10 minutes may reduce injury risk by 50%.



Lunges



Butt Kicks



Hamstring Stretch



Hugs



Field Goals



Squats