



## **Dynamic Golf Warm-Up**





Lunges

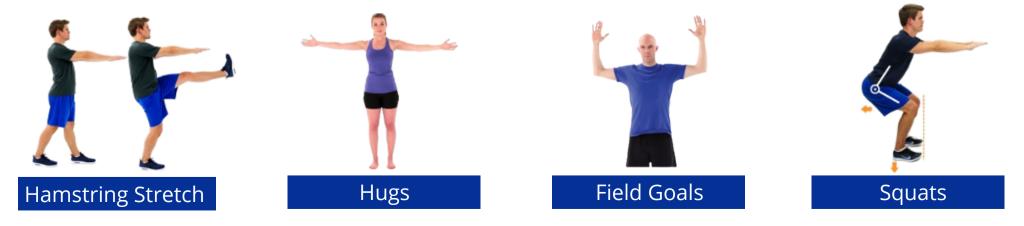
Perform each for 30 seconds each at a rate of 1 stretch/2 seconds or 15 stretches over a 30 second period

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%.







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