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On-Course Dynamic Warm Up For Golf

The following warm up is a short but effective way to prepare for playing golf on the course prior to teeing off.

1) Jogging

Around perimeter of the fairway from the tee box of the first hole to roughly half the distance to the hole and back

2) Single Leg T RDL

Perform 5 to 7 steps each leg



3) 3-Way Body Weight Lunge

Lunge in place in 3 different directions for 3 reps each leg

4) Standing Arm Circles

Perform 10 arm circles each way

5) Overhead Squat With Club

Perform 10 squats with the club held at arm's length overhead

6) Trunk Rolls

Perform 5 rolls in each direction



7) Trunk Twist

Perform 5 twists in each direction



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