



Unlock Your Golf Potential

GOLF FITNESS TIPS FROM THE PROS

When it comes to being an athlete, flexibility and mobility are often times intertwined. While both are extremely important, they are two very different things. Flexibility is the ability of a muscle or muscle groups to lengthen passively through a range of motion. Whereas, mobility is the ability of a joint to move actively through full range of motion.

MOBILITY WARM-UP

Prior to playing a round, we want to warm up with a mobility routine that will prepare our joints for activity. This will allow you to unlock a full range of motion to perform a better swing. We will isolate three key areas of the body that are engaged in the golf swing: the hip complex, thoracic spine, and shoulder complex. To best warm these up, we want to work through exercises in all three planes of motion: front to back (sagittal), side to side (frontal), and rotational (transverse).

INCORPORATE STABILITY

While doing this, you can take it a step further and incorporate stability exercises to engage your ankle, abdominal complex, and the scapulo-thoracic region. This will have your muscles engaged and ready for you to perform a controlled, more effective swing.

EXAMPLE WARM-UP

With a warm-up designed specifically to get you ready for golf, you can complete a pre-round routine in just 5-10 minutes at home or on the range.

1. **360 Shoulder Mobility** 2 Sets of 12 Reps Each Side
2. **Single-Leg Windmill** 2 Sets of 6 Reps Each Side
3. **Single-Leg Hip Rotations** 2 Sets of 6 Reps Each Side and Both Directions
4. **Clamshells** 2 Sets of 12 Reps Each Side
5. **Single-Leg Bridge** 2 Sets of 12 Reps Each Side
6. **High Planks** 2 Sets of 30 Second Holds



Prior to playing your next round, warm-up and focus on the complete range of movement in your hips, thoracic spine, and shoulders. Engage and stabilize your foot, abdominal complex, and the scapular region of the back, too!

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