

# GOLF: WARM UP

Warming up for exercise is extremely important to reduce the likelihood of an injury occurring. Here is a simple warm up you can do anywhere, and it doesn't take long to do!



- **Heel Raise & Lower**

- Stand on a step with your heels off the edge (you can hold on to a railing for balance).
- Push your toes down to raise your heels (and you) upwards.
- Pause at the top before lowering all the way down so that you feel a stretch at the back of the lower leg. Do this phase slower.
- This improves your balance and ankle mobility. Repeat 10 times.



- **Leg Swing**

- Balance on one leg with the other leg behind you. Your arms starting opposite to your legs (i.e. right leg forward, right arm back)
- Swing your back leg forwards, doing the opposite with your arms to assist in keeping you balanced, then return to the start.
- This opens up your hips ready for your golf swing.
- Repeat 10 times on each leg.



- **Lunges**

- Start in a tall standing position and activate your core to maintain your body in an upright position.
- Take a large step/lunge forwards, bending your back knee to wards the floor.
- Push off the front foot to bring you back to the start. Repeat on the other leg. Continue until you've done 10 repetitions each leg.



- **Trunk Rotation**

- Place your golf club across the back of your shoulders, holding the club towards each end.
- Rotate the shoulders around to the side, keeping your hips still in the middle. This loosens up the spine and back muscles ready for swinging, helping you to generate more power.
- Repeat 10 times each side.

# GOLF: COOL DOWN

Cooling down the body gradually after exercise is important to reduce the buildup of toxins within the muscles, aiding recovery, decreasing muscle tension and Delayed Onset Muscle Soreness.



- Stand one foot in front of the other, facing a wall, feet forwards.
- **Gastrocnemius Stretch:** Keeping the back leg straight, push the back heel in to the floor. Feel a stretch down the back of the lower leg.
- **Soleus Stretch:** Bring the back heel closer in and bend the back knee until you feel a stretch at the back of the ankle.
- Hold stretch for 60 seconds and repeat on the other side.



- **Thoracic Extension**
- Lie on your back, your knees bent to protect your lower back.
- Place a foam roller (or tightly rolled up towel) across the in line with the bottom of your shoulder blades.
- Extend over the roller/towel to stretch your thoracic spine. Stretch your arms over to stretch across the chest and shoulders.
- Hold 60-90 seconds. This helps stretch upper back.



- **Knee Rolls**
- Lie on your back with your knees bent and arms out to the side.
- Take left leg over right, and roll your knees to the right.
- Keep your shoulders flat on the floor.
- This stretches out the lower back and outside of the hip.
- Return to the start and change legs over and repeat.
- Repeat 10 times each side.



- These help prevent the occurrence of Golfer's Elbow.
- **Wrist Flexion:** One arm out in front of you, palm facing down.
- Gently draw the hand down so your palm faces towards you.
- Stretching the back of the hand and forearm. Hold for 60 secs.
- **Wrist Extension:** One arm out in front of you, palm facing up.
- Gently draw the hand down so your palm faces away from you.
- Stretching the front of the hand and forearm. Hold for 60 secs.