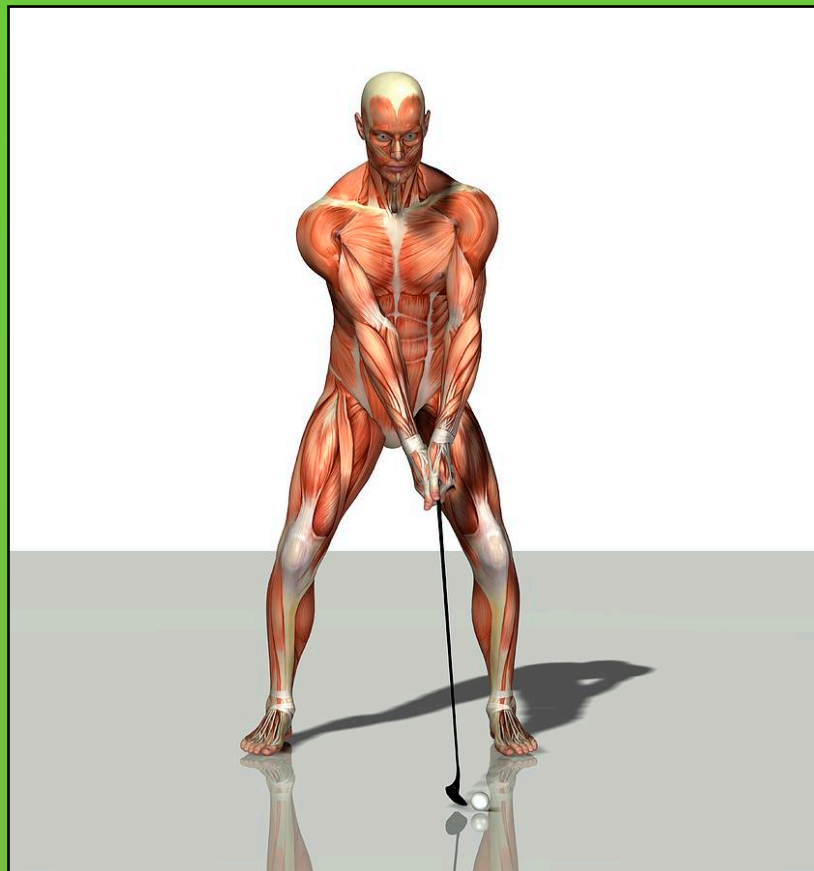


The Perfect Warm-Up for Golf

Matt Savage - TPI Golf Professional - Savage Golf Services

Scott Dunne - TPI Medical Professional - Athletify Physical Health



Dynamic 3 Minute Warm-Up

Designed for the golfer that is rushed to the tee and has minimal time to prepare



1 - Leg Swings

Stand on one leg and use a golf club for balance in the same hand. Swing the opposite leg forward and back (10 reps). Swing the same leg side to side (10 reps). Alternate legs and repeat.



2 - Upper/Lower Body Rotation

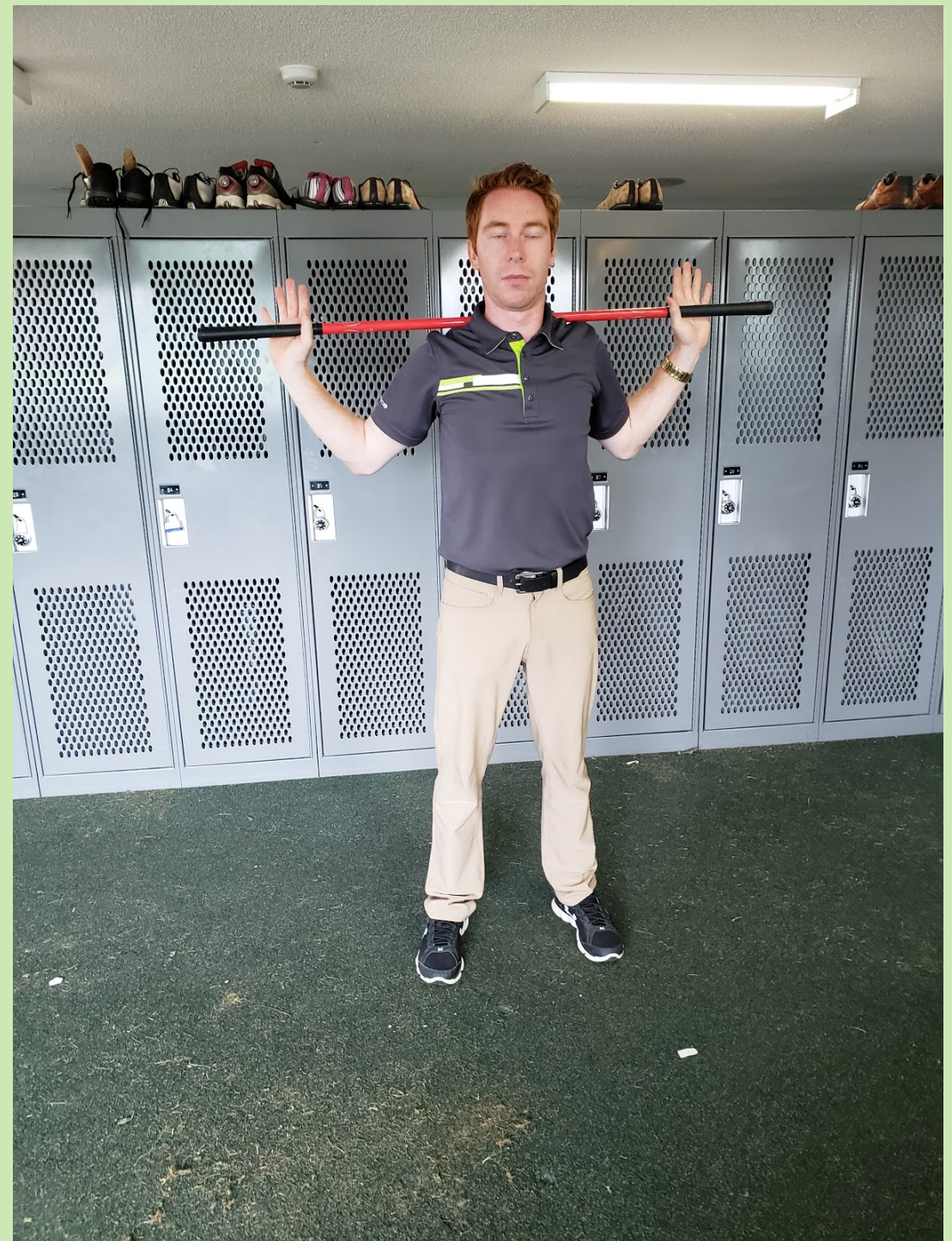
- Hold club in front of you with shaft parallel to the ground and hands shoulder width apart
- Rotate to the left and right using your upper body only, keeping your belt buckle stable (10 each reps)
- Rotate your whole body to each side allowing your lower body to rotate completely and post up into the downswing leg, as if you're getting into a finish position (10 reps each direction)
- Load up your backswing leg and explode into finish position (5 reps)
- Load up your backswing leg and explode through the golf swing staying in golf posture throughout (5 reps)



3 - Shoulder Press/Pulldown

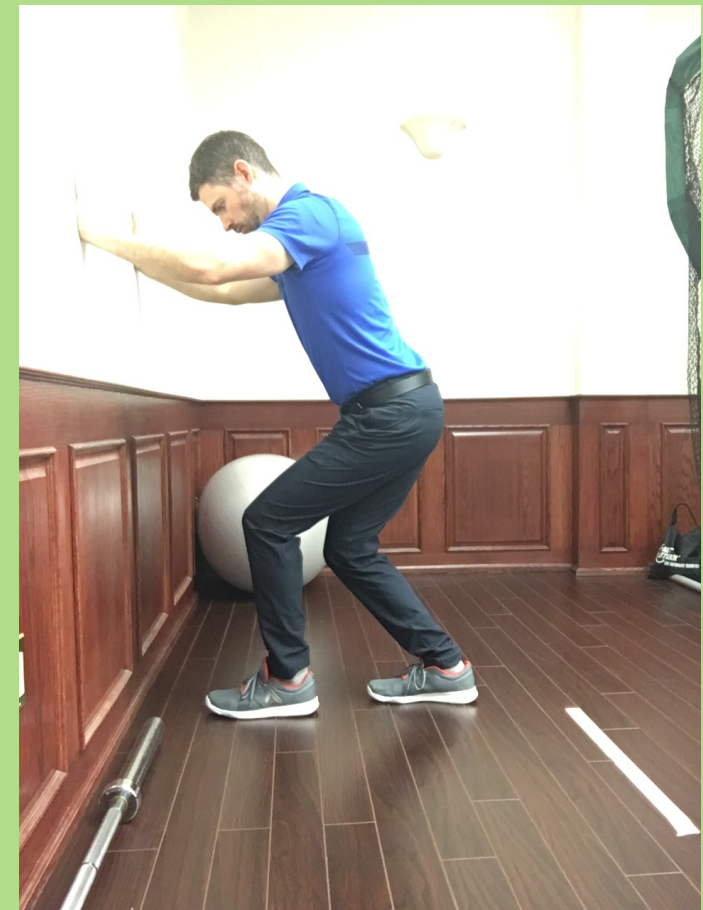
- Hold club in front of your chest with shaft parallel to the ground and arms at straight out from the shoulders
- Press the club directly above your head pushing the shaft to the sky
- Drop the club behind your back pulling the shoulder blades down
- Press the club back up overhead reaching up to the sky
- Pull the club down to your chest pulling back the shoulder blades again

Repeat 10 times



4 - Personalized Mobility Work (TBD by each individual)

For example: Strained calf and/or Achilles tendinitis



The Perfect 15 minute Warm-Up

**Designed for the everyday golfer to
activate their whole body pre-round**

1 - Dynamic 3-Minute Warm-Up (as seen above)

2 - Personal mobility items/injuries are addressed

3 - Balance

Balance on one leg with the other thigh parallel to the ground - pass a ball from hand to hand while opening your chest and maintaining balance. Pass the ball back and forth 10 times.



4 - Air squats

Hold a light ball in front of your body for 5 reps



Balance <—> Air squats

Repeat balance with
opposite leg, then air squats



6 - Standing Gate Openers

Using club or balance pole raise one leg to have thigh parallel to floor and open up hip moving knee outward (5 reps each side)



7 - Hip Hinge

Stand on left leg and reach forward to the left with the left hand while hinging at the hip.

Bring yourself back up to standing position and reach to middle with the left hand then return to standing. Hinging at the hip, reach again with the left hand but to the right target.

Repeat this process with the right hand (still standing on left leg). Switch to standing on the right leg, and use each hand as you did before.



8 - Helicopter Lunge

Get into a comfortable (for your ability) lunge position. With arms out to sides rotate left and right (10 times)



9 - Overhead Ball Smash

Hold ball overhead with two hands and throw it straight into the ground. Increase your speed and power as you go for 20 reps.



10 - Bird Dog

Assume a quadruped position and extend one arm and the opposite leg. Return to all fours (5 reps). Repeat this process with the opposite arm and leg. Switch back to your starting arm and leg and repeat 5 reps quicker with an explosive feeling engaging the core as you pull your arm/leg in. Repeat on the second side.



11 - A-Frame Stretch

Get into a kneeling squat position and put your forearm between your legs, with your elbow inside one knee and fist inside the other. With the opposite arm extended, reach back as far as possible opening up the chest and rotating the spine. Repeat 5 times, then alternate sides.



12 - Lat Stretch/Lumbar Spine Mobility

Using a golf club or balance pole in front of your body, lean over at the hips and extend your arms over head to stretch your lat muscles and lower back. Flex and extend the lower back 5 times in each direction then get lower into a lat stretch. Repeat.



13 - Speed Test

Hold the golf club of your choice by the head of the club and swing in your normal direction at 75% power while stepping through impact and shifting weight from the back foot to front foot with full rotation. Slowly increase power until you get to 100% after 5 swings. Repeat this process while maintaining your balance and staying in golf posture - begin at 75% and work up to 100%



Questions?



Thank You!



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