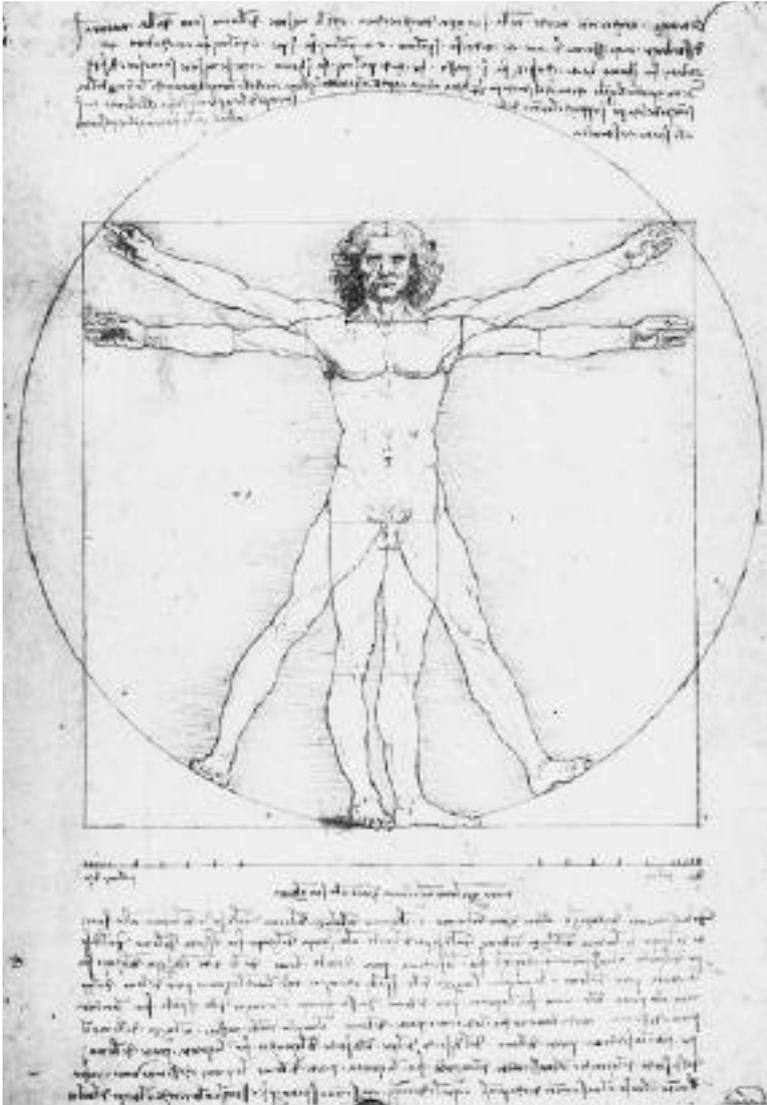


# Stretching and Warm-up



Vitruvian by Leonardo da Vinci.

It is deceiving to think that golf is not a truly physical sport. *To play your best golf and to help prevent injuries while playing, your body needs to be strong and flexible.*

Therefore, before practicing or playing a round of golf you should take time to do stretching and warm-up exercises. The time invested in doing so is well worth it in terms of your health and performance.

Many players' performances improve as their rounds of golf progress. That is due in part to the fact that their bodies have become more flexible. Stretch and warmup before starting your round or practice session in order to be at your optimum performance level from the very beginning.

*The most serious physical problems for golfers are injuries to their backs and knees so be most aware of those areas of your body.* Many professionals do weight training as part of their conditioning program and you can do that if you feel it is necessary. The main criterion is that you be aware of what your body needs in order to stay healthy for playing this game.

The following pages in this section have examples of a few exercises you can do before starting your round of golf or practice session.

# Stretching and Warm-up



1) Place your hands on the club shaft slightly beyond shoulder-width apart and then rest the club on your shoulders.

2) With your feet shoulder-width apart and knees flexed, turn your shoulders to the right as far as you can comfortably go. Keep your head forward. Hold for 10 seconds.

Repeat to the left side.

Do several repetitions.



# Stretching and Warm-up



1) Hold the club at each end. Place the club parallel to the ground and directly in front of you at waist level.

Place your feet shoulder-width apart. Flex your knees and bend forward slightly from the waist.



2) Dip your left shoulder down and turn your shoulders to the right as far as you can comfortably go. Hold for 10 seconds. Make certain your head stays forward and doesn't turn with your body.

Repeat to the left side.

Do several repetitions.

# Stretching and Warm-up



Hold the club head with your left hand. Place the bottom of the club shaft on the ground in front of you an arm's length away so that the club shaft is perpendicular to the ground.

Place your right hand on your right foot and bend your right leg behind you. Hold for 10 seconds.

Now hold the club with your right hand and repeat the exercise for your left leg.

Do several repetitions.



## Stretching and Warm-up

Take two clubs and swing back and through to your finish position. Repeat for 20 times.

Then take the club you will be using on the first tee or will be first practicing with and swing it back and through as normal for 10 times.