

# Good4Golf

Want to play golf like a pro? A good start is to warm up like one.

This five-minute golf warm-up is designed to enhance brain and body connections leading to a pain free and ultimately, a more powerful game of golf.

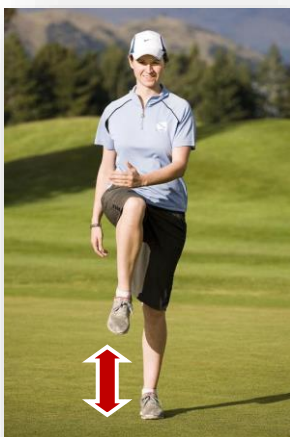


## Spine Rotation

**To prepare:** Standing with good posture, with equal weight through your feet, engaging your lower abdominals and stand tall through your spine

**The exercise:** Gently begin to rotate your arms to the left and right. Keep your arms floppy so they hit your sides, most importantly keep your hips still. Imagine if you have headlights beaming out the front of your hips the headlights would always be lighting up the space in front of you.

Allow yourself to gradually increase how far you rotate comfortably until you feel you have reached your maximum, then gradually reduce the movement little by little until you find yourself standing still again. About thirty movements is a good number.



## Marching Cross

**Start position:** Standing with good posture as described earlier.

**The exercise:** Lift one knee to hip height as if marching. At the same time, smoothly place your opposite wrist on your lifted knee. Repeat with the opposite combination, and continue alternating sides for about forty repetitions.





## Lawn Sprinkler

**Start position:** Standing with good posture. Bring your arms into a stop sign position so your palms face forward at head height. Stretch your fingers apart like you're in a boardwalk show.

**The exercise:** The key here is to keep your hips still whilst you twist your upper body. This can be tricky at first so watch your shadow to give you feedback. Imagine you are a lawn sprinkler – the base stays still in the grass whilst the top rotates. In other words your hip and knee headlights should always be beaming forwards, whilst your upper body rotates. Keep the movement smooth. Aim for twenty rotations.

**Reverse Lawn Sprinkler:** Now let's put a spanner in the sprinkler - try keeping your shoulders still and rotate your hips. Again aim for twenty rotations.



## The Invisable Ball

**Start position:** Standing in good posture with your arms stretched out in front of you – both elbows locked straight. Imagine between your palms you are holding an invisible ball, one hand holding the right and one the left side of the ball.

**The exercise:** Again aim to do this exercise with your hips and knee headlights beaming forwards so that the rotation only happens through your upper body. Rotate your upper body to the right- keeping your eyes on the ball and your elbows straight. While doing so, let your ball flip so that now your right hand is on the top of the ball and your left hand is on the bottom. Repeat rotating to the left side- again flipping your ball over with each movement. About fifteen rotations would be right.

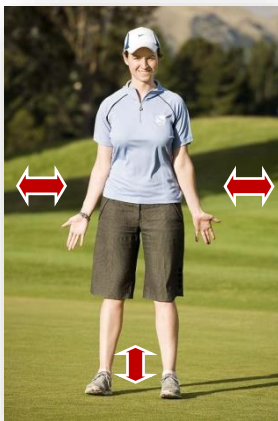




## Target Practice

**Start position:** Start this exercise by testing how far you can look over your right shoulder. Note the object you can see furthest around. Now place both arms out in front of you, your palms together, now rotated both arms inwards until your palms are again facing but your right wrist goes over the top of the left. Lean your head to the right.

**The exercise:** Imagine you have a pencil taped to your knuckles - draw clockwise circles, keeping the circles smooth and even, start small and gradually increase the size with each repetition. Once you circles are about the size of a soccer ball, start counter-clockwise circles, allowing each circle to get gradually smaller. About fifteen movements in each direction will do. Now relax your arms by your sides again and recheck how far you can see looking over your right shoulder. Repeat on the left side – with your head leaning to the left and your left hand up most.



## Toe Tapping Dancer

**Start position:** Good posture as described above. Bring your arms by your side with your hands facing forward, and your finger stretched like you're in a Broadway show.

**The exercise:** Bring your arms up about two hand widths away from your sides and then back to your sides – quickly move your arms in and out. You should feel your 'lat' muscles – the muscles that run from your arm pit and down the back of your sides. Now keep the arm movement, but tap your toes on and off the green. Repeat about twenty times.

