



Swing MD—Golf Fitness Training

Pre Round Warm-up

Do 10-15 seconds each, can use club to help stay balanced:

1. Hip swings forward bent knee and Leg swings side to side straight leg.
2. Squats with butt of club on ground hands on club head.
3. Cross crawl touch opposite knee to elbow.

Core warm-up:

- With driver behind lower back and hands on stomach practice pivoting back and forth like golf swing motion.
- Shoulder warm-up with driver behind shoulders make a complete shoulder turn under chin and into good balanced finish.

There is a video of this warm-up on the Stretching and Core Exercises Page