

# Dynamic Golf Warm Up

Perform ten repetitions of each exercise as part of your warm up. A proper warm up reduces the risk of injury and prepares the body for the stresses applied to the joints while golfing.



## 1. Leg Swings

Swing legs forward and backward and then side to side. Hold onto the cart or something stable to balance yourself.



## 2. Trunk Twists

Slightly bend your knees and cross your arms across your chest. Turn your body right and left while keeping your lower body still. Your hips should not move during this exercise.

## 3. Single Leg Twists

This is the same exercise as the trunk twists only now you are standing on one leg. If you lack balance to perform this movement you can substitute by having your opposite foot's toes down on the ground.



#### 4. Pelvic Twists

Stand with slightly bent knees and hips with a club in front of you. Place your hands on top of the club and twist your pelvis side to side while maintaining a stable upper body.

#### 5. Hip Internal Rotation

Stand with your knees and hips slightly bent with a club across your pelvis. Work on twisting towards your lead leg, lifting your back foot slightly as you would with your normal follow through. Perform this on both sides.



#### 6. Wrist Radial Deviation

Grip an iron in your hand while resting it against the ground. Slowly lift the club up into the air, bringing your thumb towards your forearm. Return the club to the ground.



#### 7. Wrist Ulnar Deviation

Grip an iron in your hand while resting it on the ground behind you. Slowly lift up, bringing your pinky towards your forearm. Return the club to the ground.



#### 8. Forearm Pronation/Supination

Hold your elbow at your side while holding onto the end of an iron. Rotate your wrist in and out slowly, controlling the club the entire way.



### 9. **Body Turns**

Hold a club in both hands out in front of you and work on turning your whole body side to side. Make sure you work on rotating at the hips and through your core.

### 10. **Practice Swings**

Start slow and work on increasing speed back and forth.



For information about MidMichigan's Video Golf Swing Analysis or to schedule an appointment, call **(989) 837-9100**.

To learn about our WellSport Program, visit  
[www.midmichigan.org/wellsport](http://www.midmichigan.org/wellsport).