

What is Your Pre-golf Routine?

When we arrive at the golf course there are a few pre golf warm-ups that will benefit us before we hit that bucket of balls on the range.

The better we can mirror those warm up movements to our golf swing, the greater success we will have starting with our first shot from the number 1 tee box.

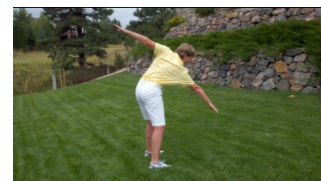
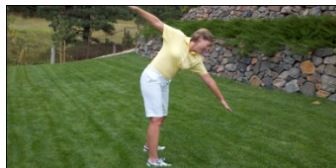
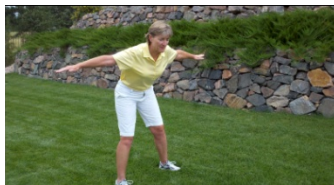
Mobility is the key to our golf swing. We need mobility to make the proper turn on the back swing, then be able to turn through on the down swing and follow through. You may have had someone tell you that you raised up (when you topped the ball!) This may be because you lack mobility in your upper or lower body to do the turn in the golf swing.

Stability works hand in hand with mobility to keep our balance during the golf swing. **Balance** is the foundation of the golf swing. Keeping stable throughout the golf swing will let our swing have good balance, timing, rhythm and feel. From the moment we begin our golf swing, our balance is the engine that drives every part of the swing.

Try this simple warm up stretch before you hit golf balls. If you find these difficult, consider talking with a golf fitness instructor or your LPGA/PGA Professional about ways to develop some mobility, stability and balance.

Wind Mill

Set up in your 5 Iron posture and put your arms out to your sides. Slowly turn as you would on your backswing keeping your arms out to your side and point your hand to where the golf ball would be positioned. Keeping your arms out to your sides, slowly turn as you would on your downswing pointing your hand at the ball. You should feel the mobility needed to make the turns keeping your arms extended out to your sides. You need stability to maintain your balance and 5 iron posture throughout the turns.



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