

# THE 5 MINUTE GOLF WARM UP

**McMASTER**  
GOLF FITNESS SYSTEMS

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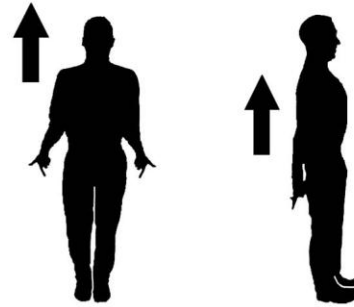
### 1. Building Up Your "Golf Feel"

Using the Flexibility & Mobility Warm Up Drill

#### Combined Hip Trunk & Shoulder Stretch

Get into the lunge position, feel stretch at right hip. Maintain an upright posture and suck in your lower abdomen.

Hold Golf club above head with pistol grip. Bend trunk to left side, keeping head on shoulders.



### 2. Building Up Your "Golf Feel"

Using the Balance & Static Posture Warm Up Drill

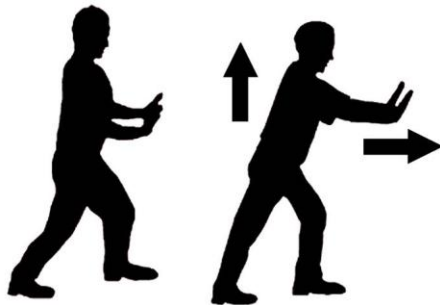
Standing upright in the "Angel Wings Position" against the wall,

Place a golf ball between the balls of your feet. Keep your nose and belly button in line with the ball.

Tuck in your chin and look at the bottom of your lower eyelids.

Keeping your arms by your side and forming a pistol grip in both hands, slowly lift the ball up with your feet.

Feel yourself getting taller as you pump up.



### 3. Building Up Your "Golf Feel"

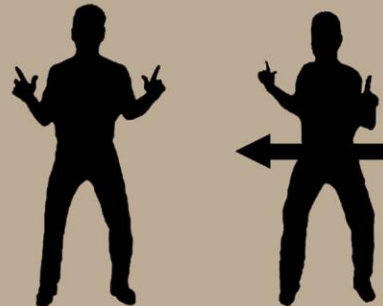
Using the Core Stability Golf Drill

#### Push

Slowly extend your arms and thrust your body in a slow pushing movement against an imaginary truck.

Feel your shoulders, neck, abdominals, gluteals & legs

all work together as if you are simulating a hydraulic pump.



### 4. Building Up Your "Golf Feel"

Using Core Stability & Rotation

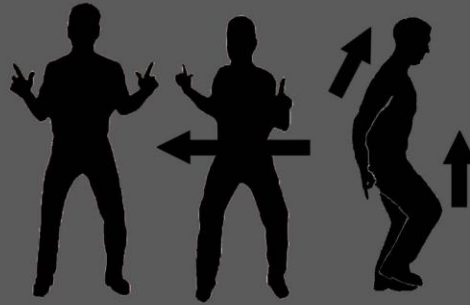
#### X-Factor Check

Keep yourself in an upright and stable posture.

Place your elbows in by the sides of your ribcage.

Slowly rotate your trunk to the right maintaining your hips in a stable position to the front.

Keep your elbows into your ribcage, feel the tension between your inside thigh and lower abdominals.



## 4. Building Up Your "Golf Feel" Using Core Stability & Rotation

### Cowboys and Indians

Keep yourself in a 'strong' spine angle and posture.  
Squat down in a 'Jockey on a horse position' with pistols  
and elbows next to the ribcage.

Slowly rotate to the right, then left.

Indians arms straight and behind the buttocks.  
Squat position and heel strike, as in a Red Indian  
Wardance. Rotate left to right.



## 5. Building Up Your "Golf Feel" Using Core Stability, Rotation & Dynamic Posture

### The Cross Over Golf Exercise Drill

Stand in an upright position and maintaining good  
spinal posture at all times,  
cross your right elbow to the top of your left knee.  
Then cross your left elbow on to your right knee.  
The movements should be smooth and the  
speed of the exercise gradually increased.

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