

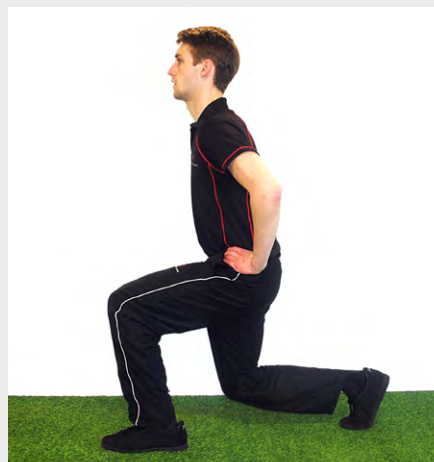
# Preparation Exercises for Golf

## Hip Mobility



### SQUAT

- Cues: Sit back into chair - Shirt logo facing forward - Belt buckle up
- Increase range (depth) throughout the set (maintain spine angle)
- 2 x 8 reps



### LUNGE

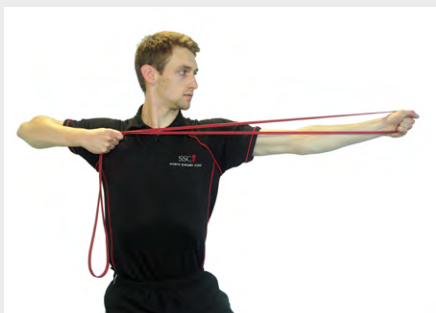
- Cues: Split stance - Upper body quiet (statue) - Belt buckle up
- Carousel drop - Increase range throughout the set
- 2 x 6 reps each side



### WALL LEAN

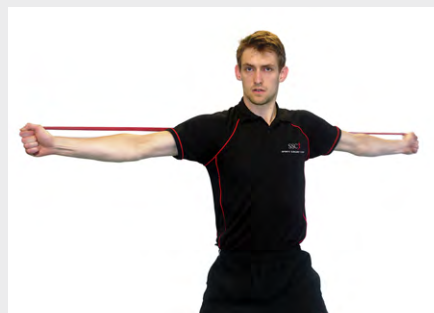
- Cues: Split stance with weight on the front foot
- Rock back and forward keeping the heel on the ground
- 2 x 10 reps each side + 10 second stretch at the end

## Thoracic Mobility



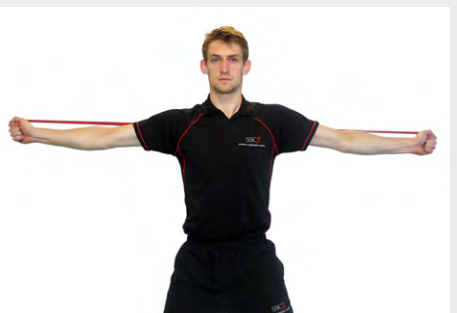
### ARCHER

- Cues: Extend one arm - Short grip on a band - Pull the bow
- 2 x 6 reps each side



### ROTATIONS

- Cues: Hands behind head (or hold a band or club)
- Fix hips - Rotate upper body (minimal lower back) - Increase range
- 2 x 6 reps each side



# Preparation Exercises for Golf

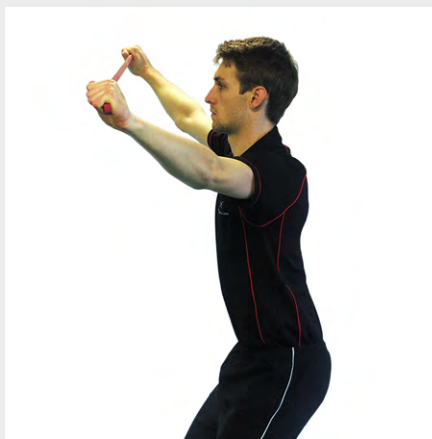
## Neutral Spine



### GOOD-MORNING

- Hinge over like your bowing to the crowd – Maintain spine angle – Belt buckle
- Increase range throughout the set (feel stretch through rear thigh)
- 2 x 8 reps each side

## Shoulder Mobility



### SHOULDER ROTATIONS

- Band, stick or club rotate forward and back over the head
- Object remains on a wide arc – Posture remains tall and quiet
- 2 x 10 reps each way

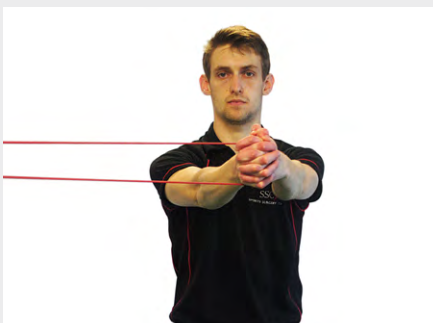


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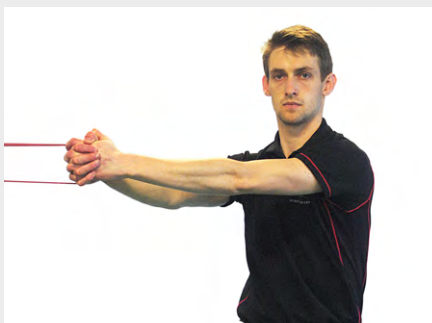
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## Neutral Spine



### BAND WOOD-CHOP

- Athletic stance – Quiet hips and lower body – Rotate upper body forcefully
- Arms remain locked out (stiff) and a wide arc is created
- 2 x 6 reps each side



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