






Dynamic Stretch Routine for the Course		
Exercise	Instructions	Example
Rotator Warm Up	Grab a golf club with one hand and place the club behind your back. Reach behind with your opposite hand and take hold of the club. Pull the club up with the top hand, then slide the club down with your lower hand.	
Golfer's Prep Stretch	Place your hands on each end of the club. Move into a full backswing and complete the motion into a full follow through.	
Shoulder Warm Up	Place your club underneath one arm and grab with your hand. Place your opposite hand on the shaft. Slowly lift the club up from the shaft and you will feel a rotation at your shoulder joint.	
Hamstring Warm Up	Grab a golf club and place on your shoulders. Bend from the waist until you are parallel with the ground. Keep good posture throughout.	
Quad, Hip Flexor and Rotation Stretch	Grab a golf club and place around your head and shoulders. Step into a lunge position, then rotate into the forward leg.	
Shoulder and Mid Back Warm Up	Place both hands on your club at shoulder distance apart. Turn one arm over the other. Turn into your back swing.	