



SENIOR GOLFERS WARM UP

PHYSICAL TRAINING GUIDE

1. General Movement



Please consult your health care professional before undertaking any new exercise program. Begin your 10mins Warm Up with some general movements, to get the blood going and warm up your core temperature. Glen starts with High Knee Lifts.



For each movement, perform 5 reps or 5 each side for single side exercises. Next, do some Backward Windmills (wide arm circles), followed by Jumping Jacks. Other options for this first phase include running on the spot and skipping.

2. Legs



Working from the ground up, we will target each of the joints and muscle groups, essential for producing a powerful golf swing. Targeting the ankles and lower leg, rock backwards and forwards, performing 5 Heel/Toe Raises.



Form is important for your Squats, this next leg warm up. Ideally, keep your feet flat on the floor and your back straight. Only Squat as deep as is comfortable for you. None of these warm up exercises should cause pain.

2. Legs



This is the first of our stretches. We won't be holding any static stretches but rather perform dynamic stretches. Take a little jog on the spot, alternating between each leg for this Dynamic Hamstring Stretch. Opposite arm to leg.



For the Dynamic Quad Stretches, you might require some support. Use a golf club or a chair, while alternating between each leg. Once again, not holding the stretch but using the motions to mobilise the joints and warm up the muscles.

3. Glutes



The glutes are the ‘King’ of the golf swing, responsible for helping generate power and stability. Keep your golf club handy if you need the support for these Donkey Kicks. Adjust the angle of the kicks to fire different parts of your backside.



If you have a short band available, up the resistance on the gluteus medius muscles with these Lateral Duck Walks. Keep your stance wide throughout the exercise as you shuffle side to side.

3. Glutes



Follow up with a few Supine Bridges (not pictured). Next, lie on your side for 5 Lateral Leg Raises each side. Point the toe downwards to fire the glutes properly. We want them 'awake' for your golf swings, as sitting sends them to sleep!



The Knee Drops are a challenging dynamic stretch for the hips. Your feet are fairly wide apart with your knees up and arms behind you. Drop both knees first one side, then the other. This rotates each hip joints both internally and externally.

4. Core



Onto the core now, lie on your back, with your knees bent and feet flat on the floor. For an added challenge, raise your arms to the ceiling. Before performing these Bent Leg Raises, engage your core to press your lower back to the floor.



Following each rep, check that your lower back is still pushed to the floor. After completing about 5 reps, repeat the Leg Raises with your legs more extended. This is also a wonderful dynamic stretch for the lower back.

4. Core



Sit on the floor with your knees up. Place a light weight or household object behind you. To complete the Seated Rotation, reach around with both hands to bring the item right around you 360°, so that it is directly behind you again. Repeat in the opposite direction.



Continue warming up the oblique muscles with some Standing Side Bends. Stand with your legs apart and knees straight. Slide one arm down your leg, without any forward bend. Raise your other arm over your head for an added dynamic stretch.

5. Lower Back



Cat/Cows is a popular Yoga move, ideal for mobilising the back. Set up on your hands and knees. Alternate between arching and hunching your back in a full range of motion. Don't hold the poses, we want a dynamic stretch.



Standing Back Extensions are the perfect low impact exercise for stretching and strengthening the lower back. From a standing position, reach down to the floor, keeping your back flat. Don't arch your lower back. Return to standing full height.

5. Lower Back



Bent Over Windmills include a dynamic stretch to the inner thighs. Stand wide with your legs straight. Extend one hand to your opposite foot, while rotating your torso and extending your other arm upwards.



Remaining bent forwards for the entire exercise, rotate the trunk fully in the opposite direction and reach for your other foot. Once again, extend the other arm upwards. Don't worry if you can't reach, your range of motion will gradually improve.

6. Upper Back



From a standing position, hold the end of a light resistance band in both hands. Simultaneously take a Reverse Lunge, whilst Rotating and stretching the band across your lead leg. Alternate 5 times between each side. Begin with short steps.



Stand with your legs apart and knees bent. Fix one elbow inside your knee and hold your other knee with your hand. This 'A' Frame Stretch stabilises the lower back. Extend your other arm up and around for a great dynamic thoracic stretch.

7. Shoulders



Keeping your elbows close to your side, 'Saw' your arms backwards and forwards in a full range of motion. Adjust your palms up, in and down to activate the shoulders fully. Next bring your arms in front of you for Lateral Saws.



Press your hands together firmly throughout this exercise. Go through a series of Presses: elbow swimming, elbow backstroke, press low, press high. Complete with some 'clock' winding for a dynamic forearm and wrist stretch.

7. Shoulders



These Seated Resistance Rows are designed to activate the rear deltoid and the bicep muscles. If you don't have any resistance equipment, you can perform some single arm bent over rows with a large bottle of water or similar weight.



Form is important to gain the most from these Shoulder Retractions. Hold a light resistance band high in front of you, with your hands outside your elbows and thumbs out. Stretch your arms wide, keeping your thumbs pointing outwards. Can be performed without the band. 5 reps.

8. Neck



Star Patterns are performed with your mouth closed for a full neck warm up. Reach your head up and down smoothly. Secondly, turn your head side to side, again stretching to a full range of motion. Don't hold the stretches.



Thirdly, tilt each ear to your corresponding shoulder. Try not to lift your shoulder up to your ear. Finish with full diagonal movements each side, alternately looking down to one arm, then up to the opposite side.

9. Wind Down



Wind down with some gentle Quad Rockers. Begin on your hands and knees, with your knees wide apart. Rock your body well forwards, then way back to a brief Yoga 'Child's Pose'. 5 reps.



Complete your routine with 'Reclined Butterfly Pose'. Lay on your back with your arms out, palms up. Place the soles of your feet together. Relax, allowing your back to sink to the floor. Don't force your knees down but allow gravity to that for you. Rest for up to one minute.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

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or just want to say 'G'day'

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