

Taking just 5 minutes to perform these simple moves will help you avoid injury and swing easier.

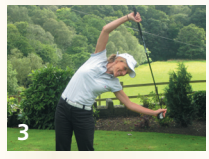
1. SHOULDER EXTENSION

Stand feet hip width apart.
Hold club shoulder width apart in front of hips.
Raise straight arms up to the sky above head.
Lengthen torso. Release back to hips
Repeat x 10



2. FORWARD BEND

Stand feet hip width apart.
Hold club across back of shoulders.
Maintain a flat back as you lean forward, keep chin up, look ahead.
Draw abdominals in.
Feel strength in spine, length in hamstrings.
Repeat x 5



3. SIDE BEND

Stand feet hip width apart.
Tuck tailbone under.
Stand tall in spine.
Hold club overhead and lean to side, reaching club to sky as you bend.
Repeat L and R x 10



4. TRUNK TWIST

Stand feet hip width apart. Pull abdominals in.
Hold club chest high.
Rotate to left then right, push this move around rather than swing. Feel strength with rotation.
Repeat x 10



5. SEATED SQUAT

Feet hip width apart, standing tall, club held at hips. Sit back into heels. Maintain flat spine and chin up, raise arms out chest high, look ahead keep balanced. Return to standing
Repeat x 5

6. SIDE LUNGE

Start with wide stance.
Club across back of shoulders. Hold spine tall. Bend into knee, hold opposite leg straight, change smoothly to other side
Repeat x 10.

Performing these warm up exercises having postural awareness, a controlled tempo and balance will improve your mental focus and physical ability - increasing your chance of a great round ahead!

