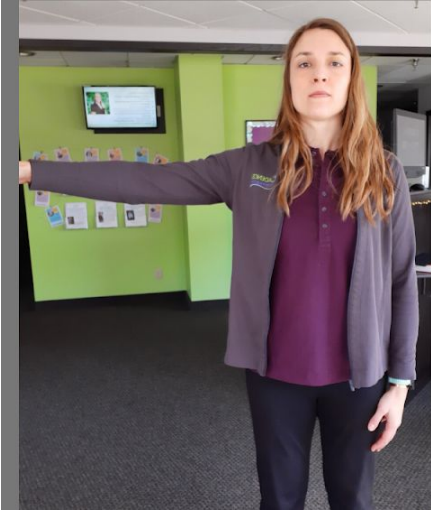


GOLF WARM UP

If you have any questions - please let me know at your next visit!
~ Dr. Amanda



LOW BACK ACTIVATION

Stand tall and engage your core. Raise one arm out to your side and hold for 2 seconds. Bring your arm down and repeat on the opposite side. This activity engages a deep back muscle important for maintaining proper stabilization.

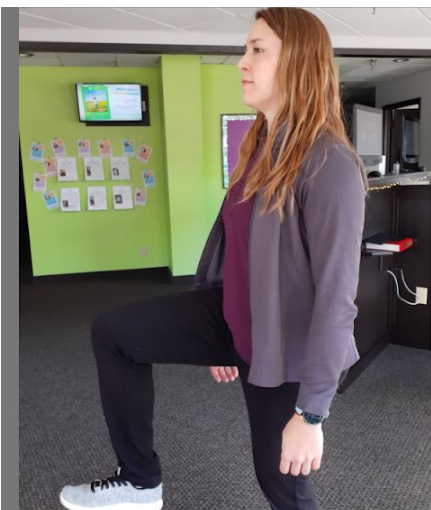
10+
reps



SIDE BENDS

Stand tall and engage your core. Lean to one side, sliding your hand along the outside of your leg. Return to the starting position and move directly into a bend to the opposite side.

10+
reps



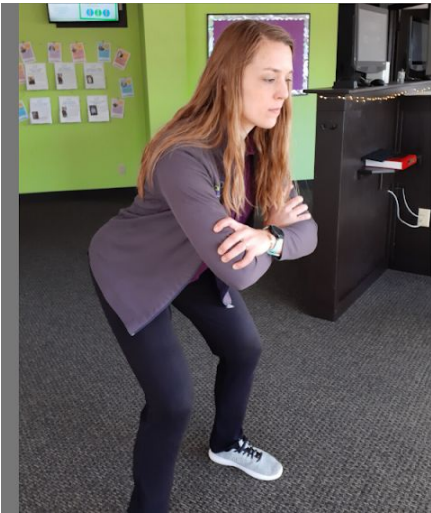
SINGLE LEG BALANCE

Stand tall and engage your core. Raise one knee up towards your chest and hold for 30 seconds. Repeat on the opposite side. As your balance improves, close your eyes during each repetition to increase difficulty.

3
reps
each

GOLF WARM UP

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~ Dr. Amanda



BENT TWIST PART 1

Slightly bend your hips and knees and lean your torso forward, hold this lower body position. With your arms crossed and hands on your elbows, rotate your upper body to one side. See Bent Twist Part 2.

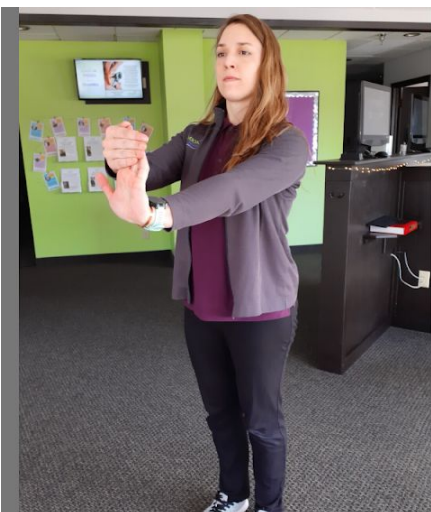
Continued



BENT TWIST PART 2

Maintaining your lower body position, twist your torso back to face the opposite side. Repeat back and forth starting at a slow and controlled speed then build into a quicker pace. Your knees should remain stable with very little rocking.

10+
reps



WRIST FLEXOR STRETCH

Extend your elbow fully and keep your hand open. Gently stretch your fingers back toward you. Hold, alternate, repeat.

15"
hold

3+
reps
each

GOLF WARM UP

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~ Dr. Amanda



WRIST EXTENSOR STRETCH

Extend your elbow and make a fist with your hand. Use your other hand to gently stretch your wrist down and back toward you. Hold, alternate, repeat.

15"
hold

3+
reps
each



WIPER CLOSED

Hold club grip in one hand with your arm in front of you and the club across your body. Rotate your wrist so the club head moves from one side of your body to the other. See Wiper Opened for finish.

Continued



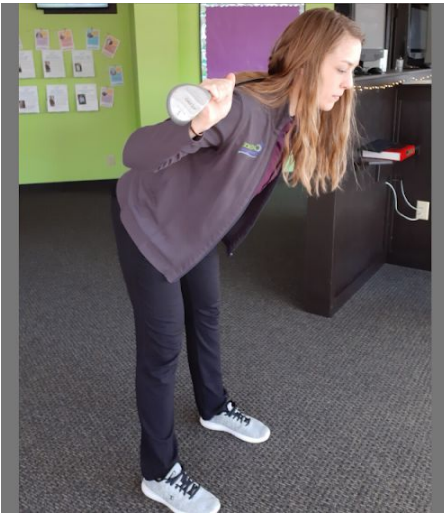
WIPER OPENED

Now that your wrist is turned so your palm is facing up, rotate your wrist back to the starting position of Wiper Closed. Repeat 10+ times and switch to the other side.

10+
reps
each

GOLF WARM UP

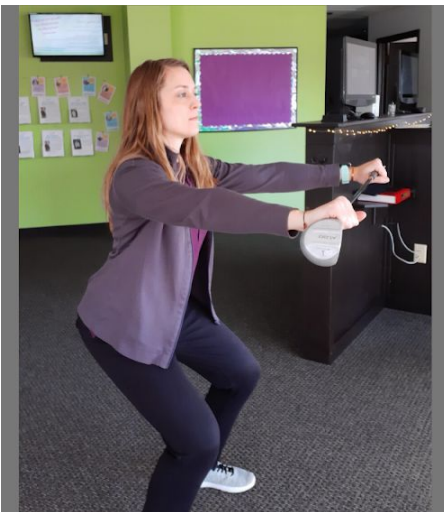
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~ Dr. Amanda



GOOD MORNING WITH CLUB

Stand tall with your feet shoulder width apart and a club across your shoulders. Activate your core. Slightly bend your knees and maintain that bend. Hinge your hips to lean forward, keeping your back straight. Return to start and repeat.

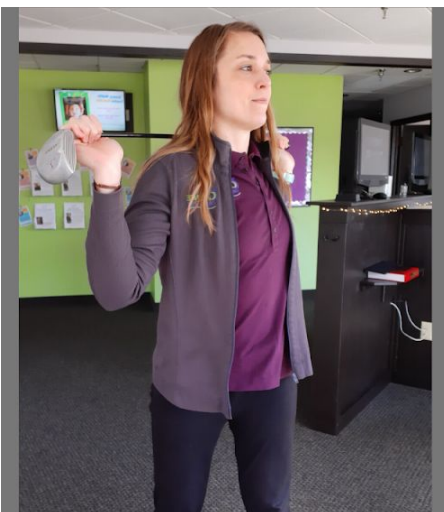
10+
reps



SQUAT WITH CLUB

Stand tall with your club held in front of your waist. Activate your core. Squat down and lift your arms up to shoulder level at the same time for counterbalance. Be aware of engaging your back side and sit slightly backward so your knees do not move forward past your toes.

10+
reps



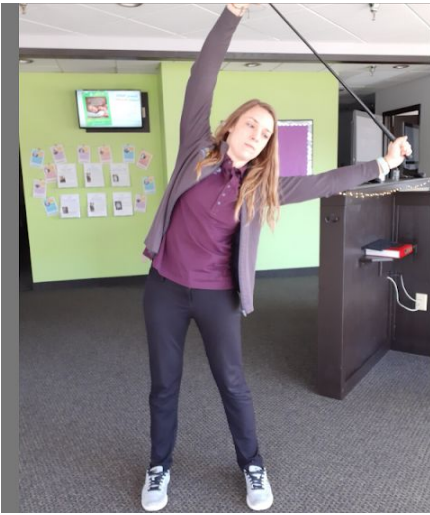
CLUB TWISTS

Stand with your club across your shoulders and engage your core. Rotate to one side then back to the other. Repeat twisting back and forth maintaining core engagement.

10+
reps

GOLF WARM UP

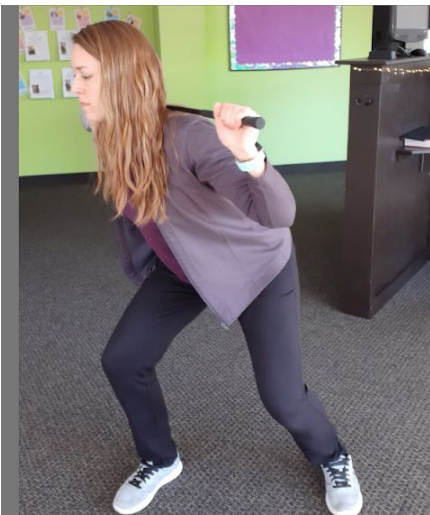
If you have any questions - please let me know at your next visit!
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SIDE BENDS WITH CLUB

Stand with club raised above your head and engage your core. Lean to the one side, hold, then lean to the other and hold. Repeat.

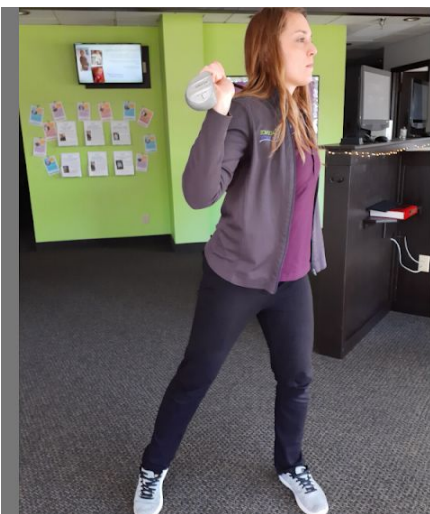
10+
reps



SQUAT AND ROTATE START

Stand with a club across your shoulders and engage your core. In one smooth motion, lower into a squat while twisting toward one side. Your weight will be on both feet with a greater amount on the foot you are rotating towards. Proceed to Squat and Rotate Finish.

Continued



SQUAT AND ROTATE FINISH

In one smooth motion, stand up while twisting toward the opposite side and shifting your weight to the opposite foot. Repeat by rotating and lowering back to your other side. Continue up and down through repetitions, then repeat in the opposite direction.

10+
reps
each