

Warm-up Before Playing

As we all know people need warm-up before doing sports, especially before doing a big range of movement. Playing golf is no exception. Please refer to the following warm-ups recommended by our coach:

1) Wrist Warm-up

1. Stretch out left hand with palm facing right ahead, and keep the same height with shoulders, catch the left hand fingers with right hand, stretch inside to warm-up wrist;
2. Stretch out left hand fist facing down, and keep the same height with shoulders, catch the left hand fist with right hand, stretch inside to warm-up wrist;
3. Above is only for left hand wrist warm-up, keep on with right hand, complete one group of wrist warm-up, and suggest doing 15-20 repetitions. (Refer to picture I)



Picture I

2) Shoulders Warm-up

1. Take out one club (or something similar to assist warm-up), hold the club with two hands, same width as your shoulders, stretch straight over head, then stretch front and backward to warm-up shoulders, remember to keep your body up-straight;
2. Stretch front and backward is one group of shoulders warm-up, and suggest doing 15-20 repetitions.

(Refer to picture II)



Picture II

3) Back Warm-up

1. Take out one club (or something similar to assist warm-up), try to hold both ends of the club with your hands separately, one big step forward with your left foot, keep the upper body up-straight with head facing right ahead, turn upper body left and right to stretch back;
2. Turn left and right is one group of back warm-up, and suggest doing 15-20 repetitions. (Refer to picture III)



Picture III

4) Body Stretching Exercises

1. Take out one club (or something similar to assist warm-up), catch the top of the club grip with both hands, put the club 1 m in front (will be minor difference according to your heights), spread apart your legs, a little wider than your shoulders, move upper body down and try keep 90 degree to stretch your body;
2. Move upper body up and down is one group of body stretching warm-up, and suggest doing 15-20 repetitions. (Refer to picture IV)



Picture IV

Adjust the amount of warm-up exercise individually; only aim to warm-up your body to prevent injury.