

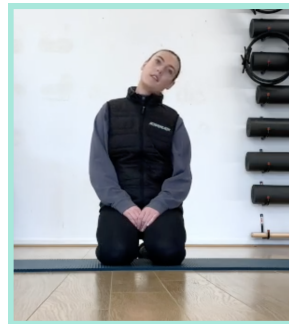
4 MINUTE WARMUP FOR GOLF

16 quick exercises to mobilise and prepare you for today's game

WITH
ACTIVEHEALTH⁺

NECK:

Keeping your shoulders relaxed;
Chin down
Chin back
Ears to Shoulder
Look over each shoulder
4-5 reps of each exercise



WRISTS:

Clasp your hands together;
Rotate hands clockwise and then anticlockwise

Bring your hands to shoulder height;
Rotate simultaneously clockwise then anticlockwise



HIPS:

Squat - 8 Reps

Lunge with Twist - 4 Reps each side



SHOULDERS:

Shoulder Circles - Both arms,
10 times in each direction

Small Circles - 8-10 in each direction

Windmill arms - 8 each side



WITH GOLF CLUB:

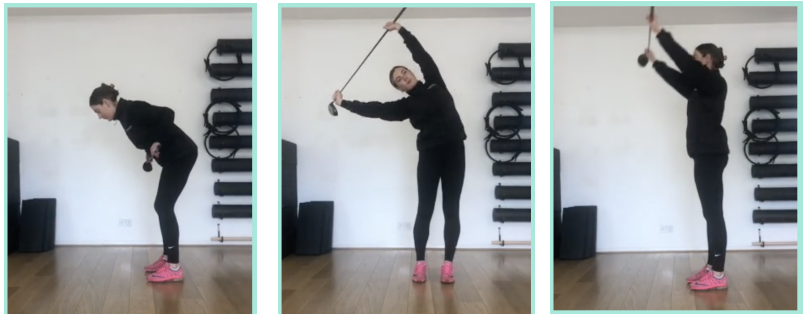
Bent Over Row - 8-10 reps

Side Bends - 4-5 each side

Straight Arm Lifts - 8-10 reps

Upper Body Rotations - 8-10 reps

Hip openers and closers - 4-5 each side



ACTIVEHEALTH⁺

WORKING WITH YOU
TO IMPROVE YOUR GAME

- Mobility - Swing Better
- Strength - Hit Further
- Injury Prevention - Play Pain Free
- Recovery - Get Back to Better

SPECIALIST PHYSIOTHERAPY
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028 9042 1188

activehealtholutions.co.uk



You will find an ever-growing golf resource page at activehealtholutions.co.uk/golf

For a range of sport specific injury prevention, maintenance and recovery services, contact our team on 028 9042 1188

We have clinics in both Bangor and Holywood, Co.Down and our experienced team is looking forward to helping you get back on (the) course!

www.activehealtholutions.co.uk