

Stay in Top Form!

Off-Season Conditioning in 3 Planes of Motion

A dynamic fitness program for you and your golfers



as developed for
the PGA of Canada

Dynamic Conditioning Makes All The Difference!

- Continuous, dynamic movements are the most effective in preparing the body for golf.
- Dynamic stretches "alert" the neuromuscular skeletal system for the explosive golf swing more effectively than static stretching.
- Dynamic movement raises core temperature, coordinates movement and breathing (great for rhythm and tempo), and supports mental focus.

Benefits of the YFG Dynamic Warm-Up

- Increases blood flow to the muscles.
- Increases the core body temperature.
- Prepares the neuromuscular system, supporting better coordination.
- Promotes flexibility and strength.
- Reduces the risk of injury.
- Prepares you mentally and boosts confidence.

Dynamic Stretching Do's & Don'ts

DO:

- DO breathe in and out through the nose.
- DO flex or engage the opposing muscle. For example while stretching the hamstrings, engage or flex the quads.
- DO stretch before, during, and after your round to develop and maintain optimal muscle balance.

DON'T:

- DON'T bounce in the stretch.
- DON'T stretch injured or over-stretched, hyper-flexible joints and muscles.
- DON'T continue if you experience any pain in the muscle. Slight discomfort is acceptable, pain is not.

As with all physical fitness programs, be sure to have your physician's clearance to participate.

#1 WINDOW WASHERS / HIP STRETCH



Begin with feet wider than hip width apart. Exhale bringing both knees to the right then inhale returning to the start position. Switch sides; repeat 10x times in each direction.

#2 DYNAMIC SPINE ROTATION



Begin on the right side, legs placed at a 90° angle to your body. Place a towel under the head so the neck is supported. Bring the palms together. Inhale, open the hands, rolling the left shoulder blade to the floor while keeping the knees in place. Exhale, return to the starting position. Repeat 10x; switch sides.

#3 ARTICULATING BRIDGE



Bend your knees; bring your feet about 12 inches from the glutes. Inhale as you press the lumbar spine towards the floor and engage the glutes. Exhale as you lift the hips off the floor, one vertebra at a time. Inhale as you lower the glutes back to the floor. Repeat 10x.

#4 CORE STABILIZATION and STRENGTHENING POSE



Begin with a towel reaching over your head at a 45 degree angle. Press your navel and rib cage tightly against the ground. Maintain the connection as you slowly lift one foot slightly off the ground. Mindfully place your foot back to the ground. Repeat 10x on each side.

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#5 CAT / COW



Begin on all fours, hands directly under the shoulders, hips over the knees. Spread fingers as wide as possible. On exhale, draw the navel towards the spine, rounding the spine towards the ceiling as the buttocks engage. Tuck the chin into the chest, stretching the upper back. On inhale, arch your back, pressing the thoracic spine towards the floor, shoulders rolled back. Do not hyper-extend your neck. Repeat 10x.

#6 EXTENDED TABLE POSE with CORE STRENGTHENING



Begin on all fours and stabilize your core by pulling your navel toward your spine. Extend your left arm and right leg. Inhale as you lift the leg and arm as high as possible without over arching your back. Exhale and pull your left elbow to your right knee. Repeat 10x; switch sides.

#7 DYNAMIC LUNGE to TORSO TURN



Begin with your left knee forward to a lunge position until your knee is at a 90 degree angle. Draw your navel toward your spine and lift your ribcage off your waist. Keep your posture in an upright position. Inhale and press your hips forward, exhale as you return to the starting position. Repeat these hip drives 10x.

Place your right hand on your left knee. Inhale deeply and on your exhale turn from the base of your torso. Press your hand into your knee and your knee back into your hand. Repeat 5x; switch sides.

#7-A TORSO ROTATION



MODIFICATION

For a more advanced twist, place your right elbow on the outside of your left knee. Your left hand sits on top of your right fist. Draw your right shoulder down and away from your right ear. Inhale deeply and on your exhale twist slightly more again. Hold steady for five breaths; switch sides.

#7-B LUNGE WITH TORSO TWIST



MODIFICATION

Place right leg forward at a ninety degree angle. Place your club at shoulder height. Inhale as you draw your navel toward your spine, exhale and twist your torso over your front leg. Repeat 5x; switch sides.

#8 HAMSTRING, HIP & LUMBAR SPINE STRETCH



Place a strap or belt around your right foot and extend your left leg. Flex both feet and activate both quads. Press your left hip toward the floor and extend your left arm perpendicular to your body. Hold for five breaths.

Extend your right leg to the right keeping the left hip on the floor. Hold for five additional breaths.

Hold the strap in your left hand; bring your right leg as far to the left as possible while keeping your right shoulder on the floor. Hold for five breaths; switch sides with the strap.

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#9 HAMSTRING STRETCH with CHAIR



Place feet wider than hip width apart, with feet and legs slightly internally rotated. Place a small bend in the knees, activate the quads and hinge at your hips placing your hands on the back or seat of a chair. Hold for five breaths, repeat two times.

The Importance of Breathing

Proper breathing prepares the body and mind for the explosive nature of the golf swing. It also better connects the mind and body to facilitate greater focus, one-pointed concentration, and a greater sense of "feel" in the short game. In the dynamic warm-up, remember to focus on continuous breathing.

To Your Success!

Ongoing adherence to the program is more important than duration. For maximum benefit, practice 3-4x per week in the pre-season, and before each round of golf during the season.



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#10 STANDING QUAD STRETCH with STRAP



Balancing yourself with your right hand on the back of a chair, place a strap around the left foot. Holding the strap in your left hand, lift your arms, bending elbows and hands coming behind the head for quad and shoulder stretch at the same time. Knees stay together, press knee down and lift in the rib cage. Hold for five deep breaths; switch sides.

#11 CHAIR POSE / GROUNDING EXERCISE



Begin with feet hip-width apart. Draw navel towards spine to stabilize core and lower back. Inhale and begin to lower glutes towards a ball or seat of a chair. Focus on sitting "back" into the chair. Exhale and imagine pressing your lower body into the ground as you rise back up to standing. Feel the connection to the ground. Pause for a breath or two, repeat 5x.

#12 WARRIOR 3



Place club over head or at waist. Balance on left leg with bend in left knee. Pull your navel towards your spine to activate your core. As you lift the right leg, your body lowers. Imagine your body moves in one piece and does not bend at the waist. Hold for three breaths, repeat 3x; switch sides.

#13 LEGS UP THE WALL



Great pose for YOU as a golf professional and your golfers who might be playing multiple rounds each week!

Slide your legs up the wall. Place a towel under your head if your neck is hyper-extended. Simply relax in this position for 3-5 minutes.