

### Dynamic Conditioning Makes All The Difference!

- Continuous, dynamic movements are the most effective in preparing the body for golf.
- Dynamic stretches “alert” the neuro-muscular 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.

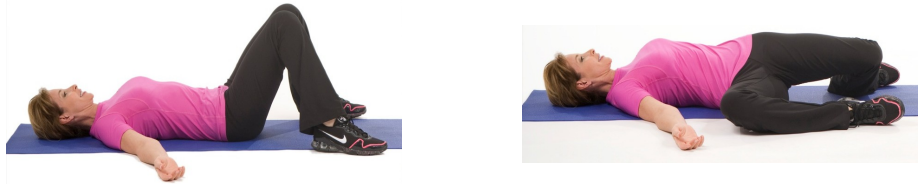
As with all physical fitness programs, be sure to have your physician's clearance to participate.

### #1 BASELINE ROTATION - STARTING POINT



With right arm extended, twist backwards from from the waist. Note a fixed point in the background where your hand is pointing when you are at the farthest point in your twist. You will repeat this at the end of the warm-up to check your progress.

### #2 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.

### #3 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.

### #4 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.

### #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 inhaled, arch your back, pressing the thoracic spine towards the floor, shoulders rolled back. Do not hyper extend your neck. Repeat 10x.

### 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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### #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 and 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.

### #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.

### #9 BASELINE ROTATION - ENDING POINT



With right arm extended, twist backwards from the waist. Note the NEW fixed point in the background where your hand is pointing when you are at the farthest point in your twist. You should see increased flexibility from your fixed starting point.