

PRE-ROUND WARMUP

LEG SWINGS



5 EACH DIRECTION - FRONT TO BACK & SIDE TO SIDE

HAMSTRING SCOOPS



5 ON EACH LEG

HIP CIRCLES



5 ON EACH LEG - CLOCKWISE & COUNTER CLOCKWISE

STANDING FIGURE 4



HOLD FOR 5 SECONDS - 5 EACH LEG

HELICOPTERS



HOLD 10 SEC - 3 EACH LEG

A-FRAME STRETCH



5 ON EACH SIDE

CLUB PRESS & TURN



5 ON EACH SIDE

OVERHEAD DEEP SQUAT



5 REPS

BASEBALL SWINGS



5 REPS

TIPS:

- 1. ALLOT 5-10 MIN FOR STRETCHING**
- 2. HIT 20-25 RANGE BALLS ONLY**
- 3. ALL OF THESE EXERCISE CAN BE PERFORMED DURING YOUR ROUND IF PLAY IS SLOW**



SCAN FOR DIGITAL COPY