

JON HODGKINSON

G O L F F I T N E S S

At-Home Warm-Up

The purpose of this routine is to warm up the body and create mobility in the key areas involved in the golf swing.

For optimal results, perform this routine first and then the Pre-Round Warm-Up immediately before you play or practice.

[Click here to watch the follow-along routine.](#)

	Exercise	Reps/Time	Notes
1	Hip Circles	5 each side	Maintain back position, draw circle with knee
2	Knee Drops	5 each side	Move from the hip, keep upper body stable
3	Cat/Camel	10 (5 up, 5 down)	Keep arms straight, pause at top and bottom
4	Thoracic Rotation	5 each side	Rotate through upper back, opening chest
5	Supine Shoulder External Rotations	10	Keep upper body stable, rotate from shoulder
6	Reverse Stride with Rotation	5 each side	Only lunge as far as is comfortable