

# JON HODGKINSON

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## G O L F F I T N E S S

### Pre-Round Warm-Up

The purpose of this warm-up is to activate the main muscles involved in the golf swing using Post Activation Potentiation (PAP).

For optimal results, perform this routine immediately before you play or practice.

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

	Exercise	Reps/Time	Notes
1	<a href="#">Step to Rotation</a>	5 each side	Step out wide, loading leg and hip
2	<a href="#">Hip Swings</a>	10 each side	Maintain steady movement, add range with each rep
3	<a href="#">Overhead Raise</a>	10	Brace abs, only go as far as shoulder mobility allows
4	<a href="#">Squat Knee Drive</a>	5 each side	Only squat as deeply as is comfortable