

# JON HODGKINSON

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

### Shoulder Warm-Up

The purpose of this warm-up is to unlock your shoulders for a bigger backswing and an easier time staying on plane. It will also help keep your shoulders healthy and pain-free.

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	<a href="#">Dynamic Lat Stretch</a>	5 each side with 5-second hold	Knees out wide, walk hand side to side
2	<a href="#">Cat/Camel</a>	10 (5 up, 5 down) with 2-sec hold	Slow and steady movement, keep arms straight
3	<a href="#">Supine Shoulder Raise</a>	10	Avoid arching lower back
4	<a href="#">Shoulder Rolls</a>	5 each side	Let head follow hands, keep lower body stable
5	<a href="#">Scapula Retractions</a>	5 with 5-second hold	Squeeze shoulder blades together
6	<a href="#">Address Posture</a> <a href="#">Shoulder External Rotations</a>	10 each side	Rotate through shoulder, keep upper body stable