

# JON HODGKINSON

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

### Speed and Power 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="#">Tube Walking</a>	10-15 steps each way	Soft knees, short steps
2	<a href="#">Band Pullaparts</a>	15	Maintain posture, squeeze shoulder blades together
3	<a href="#">Band Overhead Raise</a>	10	Keep arms straight, control on way down
4	<a href="#">Loaded Band Takeaway</a>	5 each way	Control movement, imitating swing