

# 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 mobilise and activate key areas of the body used in the golf swing.

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="#">Kickstance Thoracic Rotation</a>	12 each side	Keep lower body stable, rotating through the upper body.
2	<a href="#">Standing Shoulder Raise</a>	15	Maintain address position throughout.
3	<a href="#">Theraband Hip Abduction</a>	12 each side	Don't allow upper body to shift from centre point.
4	<a href="#">Powerband Takeaway</a>	8 each side	Rotate up and through into your backswing.