



## Diagonal Hip Twists



Warms up your hip joint, spine and leg muscles

Kick your knee up and across in a diagonal pattern. Lead with your knee as you rotate the lower body. Stay tall and keep up a moderate speed during this dynamic stretch.

Perform multiple kicks for 15 seconds. Perform with one leg then switch to the other.

## Arm Swings



Warms up the joints and muscle associated with your spine and shoulders.

Start in your address position with one arm on a club or wall. Swing your arm under your chest then up to the sky. Maintain your spine angle as you keep up a moderate speed during this dynamic stretch.

Perform multiple swings for 15 seconds. Perform with one arm then switch to the other.