



Diagonal Shoulder Twists



Warms up the joints and muscle associated with your shoulders.

Start in your address position. Place your thumb on the opposite front pocket then rotate your arm up to where your hand is head-high with the elbow bent. Make sure your thumb is pointing directly behind you at the top. Maintain your spine angle without rotating your spine as you keep up a moderate speed during this dynamic stretch.

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

Full Body Twists



Warms up the full body before you take your first swing.

Start with the center of your club shaft touching the outside of your knee, back straight, butt back behind you and EYES UP. Stand and rotate into your finish position with the trail foot up on toe, weight completely transferred to the lead side and club overhead with straight arms. Keep up a moderate speed during this dynamic stretch.

Perform multiple full body twists for 15 seconds. Perform one side then the other (IMPORTANT: Do this both direction!)