

**Free Version**

# GOLF FITNESS *guide*

## *Every Day* RANGE WARM UP

- ✓ Mobility
- ✓ Stability
- ✓ Rotation

10 Exercises  
3 Sets  
1h workout  
6 Pages



”

JEDEN TAG AN  
DEM DU NICHT  
TRAINIERST,  
IST EIN TAG,  
DEN DU LAENGER  
BRAUCHST,  
UM BESSER ZU  
WERDEN

”

## MOBILITY

### <sup>x</sup> 10 Shoulder Stretch



### <sup>x</sup> 10 Club Lift To Overhead



### <sup>x</sup> 10 Bend And Tilt The Basin



### <sup>x</sup> 10 Hip Rotation



## ROTATION IN SET UP POSITION

EACH SIDE

6

Upper Body Rotation Arm Wide



EACH SIDE

6

Upper Body Rotation Arms Crossed



X  
10

Golf Swing Imitation



## STABILITY

<sup>x</sup>  
**10** Squads With  
Club Overhead



EACH SIDE  
**6** Standing Horizontally With Rotation



EACH SIDE  
**6** Lunges With Upper Body Rotation

