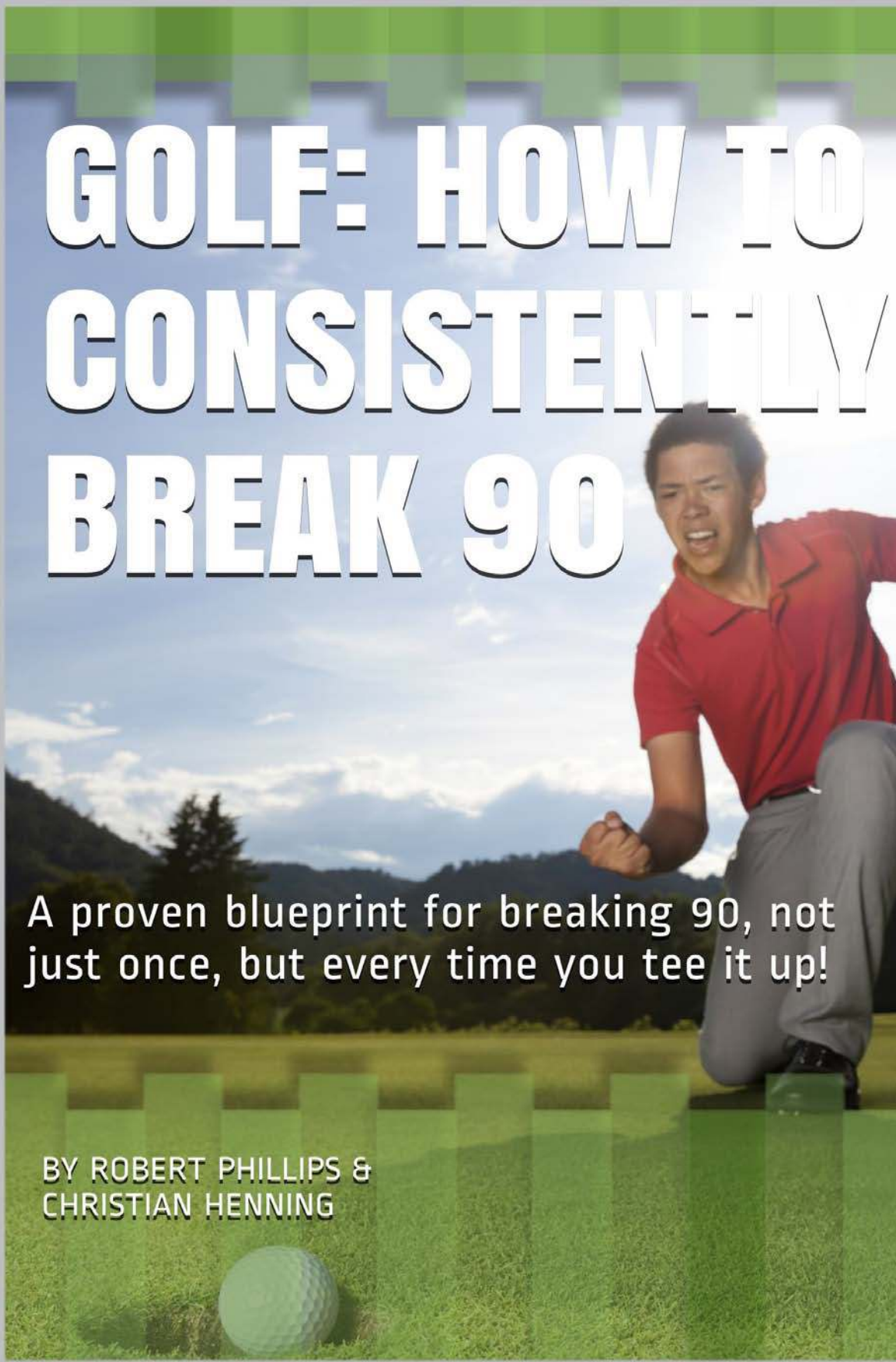


GOLF: HOW TO CONSISTENTLY BREAK 90

A man in a red polo shirt and grey pants is celebrating on a golf course. He is kneeling on one knee, with his right fist clenched and his mouth open in a shout. The background shows a green golf course with trees and a blue sky with clouds. The title 'GOLF: HOW TO CONSISTENTLY BREAK 90' is overlaid in large, white, bold, sans-serif font with a black outline. The authors' names 'BY ROBERT PHILLIPS & CHRISTIAN HENNING' are at the bottom left. A golf ball is visible in the bottom left corner.

A proven blueprint for breaking 90, not just once, but every time you tee it up!

BY ROBERT PHILLIPS &
CHRISTIAN HENNING

The Dynamic Pre-Round Warm-Up

Christian Henning, NASM-CPT

Pre-Round Warm-Up

I am often asked by golfers, "What should I do to warm-up before a round?"

The warm-up should have one focus point - to raise your core temperature. By raising your body's temperature you will warm up the muscles and make them more pliable.

This warm-up consists of first warming up your body to be able to handle the stresses the golf swing places upon it. Second, we focus on programming the brain on the golf swing itself and bringing together the swing as a whole.

TIP: Get a feel for the putting green BEFORE striking any full golf shots. My warm-up begins at the putting green and ends on the driving range. After all, aren't we going to hit a driver as our first shot of the round?

Before I give you a specific warm-up routine for your round, lets cover what dynamic warm-up is NOT:

Dynamic warm-up is NOT static stretching. Pre-round, we never do static stretching as boat loads of scientific research (I wish I had a picture of a boat load of scientific research - it would be pretty funny) has proven that it elongates your muscles thus reducing muscle tension. This reduction in tension created by static stretching will REDUCE distance and open you up for INJURY.

The golf swing is a dynamic movement that requires a lot of tension and power. For this reason alone, static stretching is completely ruled out for our warm-up. Time to forget your old school stretching methods from the

1980's. :)

Good.

Now that we know what NOT to do when warming up let's discuss what we need to do to get properly warmed up for golf.

How you go about this depends on your body and all the wear and tear it has been through. As you age, you get more aches and pains and some areas may need a bit more warm up than others.

How to Raise Body Temperature (5-minutes)

Perform each of the following exercises for the time listed. You should be breaking a light sweat when completed. I've read other experts say that you shouldn't break a sweat during your warm-up.

Rubbish.

The golf swing is a powerful movement where an average golfer uses over 90% of his strength during one shot! How can you expect to be properly prepared for such an athletic event if you DON'T break a sweat?

To get prepared, you need to break a light sweat. So let's get sweating...

This warm-up should have you ready to go as it works all of the major body parts used in the golf swing. We want to maintain some tension in our muscles, but make them pliable.

Trunk Rotations with Putter - 30 seconds

The Golf swing is a rotational athletic movement; to protect our hips, knees, ankles and low back a twist is perfect. Try not to over rotate during your twists. Instead of a medicine ball, hold your putter out in front of you at arms length and rotate your torso.

1. Stand with feet shoulder width apart.
2. Place a golf club on shoulders behind your neck and hang on to club with hands.
3. Rotate to the left and right, allowing your heel to come off ground.
4. Rotate left at a 90 degree angle and then back to the right.





Side Bends - 30-seconds

The golf swing has a built in side bend during the back swing and follow through. To ensure we protect our lower back, it is important we perform side bends.

1. Stand with feet shoulder width apart.
2. Extend arms directly above head and tilt to the right, and then to your left.
3. It is important to stay 'stacked' and not let your body tilt forward or backwards.





Inchworms - 60 seconds

One of my favorite dynamic warm-up movements is the inchworm. The inchworm gets your hamstrings, upper body, arms, and back warmed up and ready for crushing it.

1. Stand with feet together.
2. From a standing position with your feet together or slightly apart, engage ("brace") your abdominal muscles to stabilize your spine.
3. Gently exhale and bend forward from your hips ("hip hinging"). Try to keep your knees straight (but not locked). Slowly lower your torso towards the floor until you can place your fingers or palms of your hands on the floor in front of your body. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep the spine flat.
4. Slowly begin to walk your hands forward, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands forward until you reach a full-push-up position where your

spine, hips and head are level with the floor (plank position)

5. Slowly begin walking your feet forward towards your hands, taking steps without moving your hands. Maintain a flat spine throughout and continue walking until your feet are close to your hands.











Arm Circles - 30 seconds forward, 30 seconds backward (60 seconds total)

The shoulders should not be overlooked. Many golfers with dysfunctional golf swings have extremely tight shoulders and upper back. Perform this until you feel a burn.

1. Draw maximal circles with one or both arms.

2. Repeat in opposite direction.





Bodyweight Squat - 60-seconds

The power source of the swing is in the buttocks and legs. For this purpose we need them ready when we need to get a little '*cheeky*' when we need a bit of extra distance.

1. Stand with your feet just greater than shoulder-width apart.

2. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Don’t let your lower back become rounded.
5. Push with your glutes, hamstrings, and quadriceps to return to the start position.



Now that we are warmed-up, let's warm-up that golf swing.

How to Warm-up the Mind for Lower Scores

Once you have completed the above circuit, it's time to bust out your golf clubs.

We all see the guys who do the static stretches then yank out the driver. All I can tell you here is they are losing driving distance as soon as they knocked out that first static stretch. Not to mention, they are pulling out the hardest club in the bag to hit (minus that putter we all love).

It's never a good idea to start with the big dog out of the gate. Warming up your mind for golf is just as important as the body.

Starting out with a wedge or 7-iron also boosts confidence as these are easier to hit. In addition, to confidence, you are gaining more feel for the scoring shots around the greens.

Confidence is often overlooked in golf, and we are building it in right here in our 15-minute dynamic warm-up.

How to Warm-up the Golf Swing (10-minutes)

Start with your *wedge or 7-iron hitting half shots*. I'd like you to hit half shots as long as you would like, however, to keep your warm-up at fifteen minutes try to complete half shots in 3-4 minutes.

Hitting half shots allows you to warm-up your nervous system to the chain of movements required in the golf swing. Start out nice and easy here and you are laying a solid foundation for your upcoming round.

Once you feel like you have a good rhythm should you move on. Don't rush through this, as it *will* affect your scoring later on.

You will then work up to three-quarter shots for another three minutes. Again, if you have time, take longer and get a feel for the distance you are hitting your shots. This is important information you can use when in scoring situations around the green.

Finally, move on to full shots using the 7-iron or wedge. Progress by hitting a 5-iron, 3-iron, and finally your driver.

Time to play golf.

Now head to the main tee box and crush it!

Christian Henning, NASM-CPT

AKA Dr. Distance