

PRE-ROUND

5 WARM-UP TIPS

Gavin Abson shows you how to warm-up properly before your round

Warming-up is essential for peak performance in any sport. If you attend any professional sporting event you always see athletes engaging in a pre-game warm-up - and professional golfers are no different. By the time tour professionals step on to the first

tee, they are fully prepared to make their best swing from the opening tee shot.

Most amateurs, however, get warmed up by dashing from their cars to the pro shop to check in, then running to the first tee, all within five minutes.

Usually this is followed by erratic play for the first five holes and, in the end, another poor round. That kind of warm-up leaves you prone to injury and making bogeys before you start.

To avoid this, I recommend this quick warm-up routine.



1 Obliques →

The golf swing is very much a rotational movement involving the large muscle groups of the upper body. This stretch is designed to stretch the obliques (side muscles) which are important in the golf swing as they help to stabilise and twist your torso.

2 Triceps and shoulders →

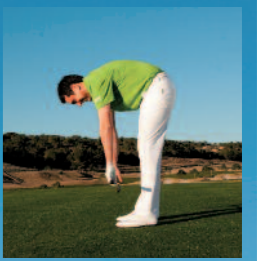
To improve your swing consistency in golf and to protect against shoulder (rotator cuff) injury, it is important to follow this stretch. The shoulder and arm muscles play a key part in swinging the club to a good position at the top of the backswing and down through impact into a good balanced finish.



3 Hamstrings →

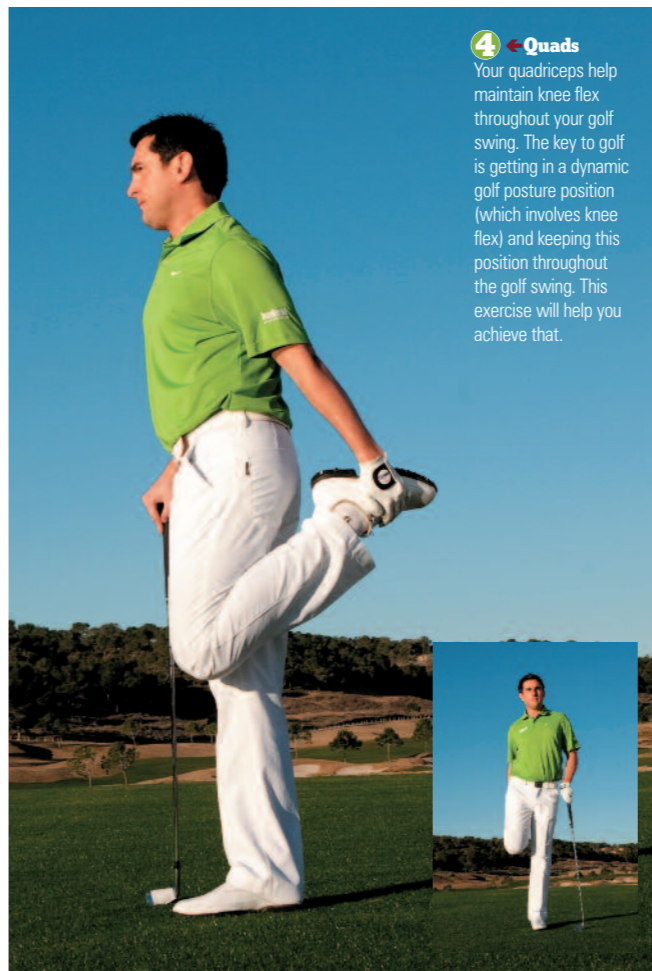
The hamstrings play a key role in maintaining your balance and posture at set-up and during your swing. Tight hamstrings lead to your weight being pulled towards your heels meaning that

you will always be fighting to maintain your balance and posture at address and during the swing. Balance issues are a major cause of inconsistent ball striking.



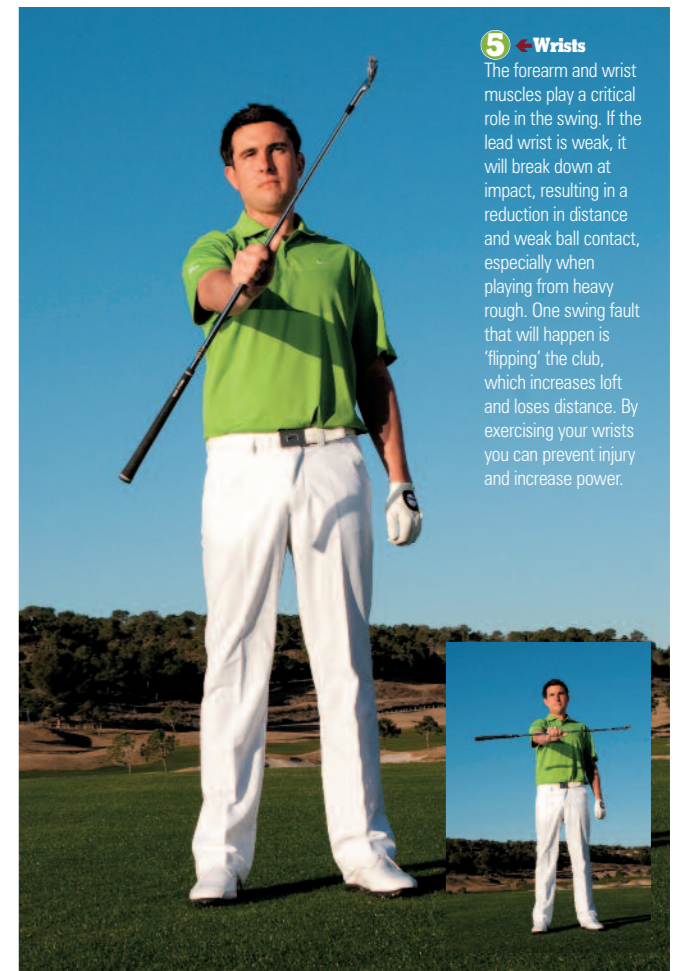
4 Quads ←

Your quadriceps help maintain knee flex throughout your golf swing. The key to golf is getting in a dynamic golf posture position (which involves knee flex) and keeping this position throughout the golf swing. This exercise will help you achieve that.



5 Wrists ←

The forearm and wrist muscles play a critical role in the swing. If the lead wrist is weak, it will break down at impact, resulting in a reduction in distance and weak ball contact, especially when playing from heavy rough. One swing fault that will happen is 'flipping' the club, which increases loft and loses distance. By exercising your wrists you can prevent injury and increase power.



Book a lesson with Gavin Abson Visit bunkered.co.uk/teachingpanel and get your game in shape with a lesson at The Carrick

Shot on location at Las Colinas Golf & Country Club