

Before you start! - Please remember that if at any time you feel discomfort during this warm-up, please stop immediately and contact your medical professional to find out why you are having pain. This warm-up is designed to loosen up your joints and get you ready to perform our SuperSpeed Golf Training protocols.

1 Ankle Circles

Reps: 10
Both Sides

Using a SuperSpeed Club to support your balance, take your foot off the ground and make circles with your ankles. Remember to go both counter-clockwise and clockwise.



2 Heel to Toe

Reps: 10

Using a SuperSpeed Club to support your balance, lift your toes up, and then rock forwards onto your toes lifting your heels up.



3 Leg Swings

Reps: 10
Both Sides

Using a SuperSpeed Club to support your balance, keep everything facing forward, and swing your leg out in front of you, and then swing it behind you repeatedly.



4 Stork Turns

Reps: 10
Both Sides

Using a SuperSpeed Club to support your balance lift one leg up, with your foot around the back of the opposite knee. Keep the upper body stable and rotate everything left and right.



5 Cats & Dogs

Reps: 10

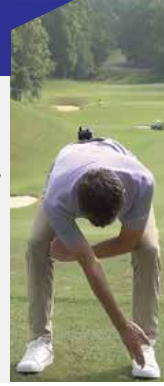
Standing upright reach both arms out in front of you pointing your belt buckle up to the sky and chin to your chest. Then pull your arms back while arching your back and pointing your belt buckle down to the ground.



6 A-Frame

Reps: 5
Both Sides

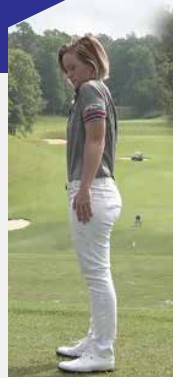
Feet shoulder width apart. Place your elbow and fist on the insides of your knees. Take the other hand and touch the opposite toe. Now keeping the arm extended rotate the upper body reaching and looking up to the sky while exhaling.



7 Shoulder Clocks

Reps: 10
Both Sides

Standing with your arm by your side, make circular motions with your shoulder trying to reach for your full range of motion. Remember to go both counter-clockwise and clockwise.



8 Arm Circles

Reps: 10
Both Sides

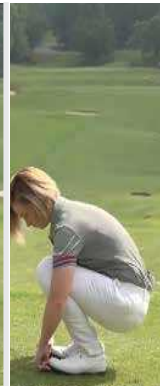
Reach out your arm to the side. Start with palm facing downwards and make small, medium and large circles both clockwise and counter-clockwise. Perform on both sides and then repeat with palm facing upwards.



9 Toe Touch RTT

Reps: 10

Feet shoulder width apart, legs straight, reach down to grab your toes. Then drop your hips to the ground (squat). Straighten your legs keeping hold of your toes. Reach your arms up to the sky pushing your hips forwards.



10 Skaters

Reps: 10

Facing forward, jump side to side, landing on the balls of your feet. Make sure your knees are aligned over your ankles.



11 Red Club

Reps: 10
Both Sides

Starting swinging on your dominant side at 50% intensity with the red club. Make progressively faster swings as you go through the reps. Repeat on the non-dominant side.

