

THE 17-MINUTE PRE-ROUND WARM UP

Description: Perform each of the following exercises for the time prescribed. You should be breaking a light sweat when completed.

DYNAMIC WARM UP (4 MINUTES 30 SECONDS)

Time	Activity
:30	The Claw
:30	Overhead Wrist Extension w/o Club
:30	Wrist Flexion w/ Club
:30	Overhead Should Extension w/ Club
:30	Side to Side Rotation w/ Club
:30	Low Side to Side Rotation w/ Club
:30	Marching Band
:30	Leg Swing on Cart
:30	Practice Swing (Half Speed)

PUTTING / SHORT GAME (5-MINUTES)

Time	Activity
2:00	Drill #1: 3-Footers
2:00	Drill #2: Two Foot Past
1:00	Drill #3: One Ball, Three Holes
	BONUS DRILL: Drawback Game

FULL SWING (7-MINUTES +/-)

PW, 8-Iron	5 half swings, 5 full swings
6-Iron, 4-Iron, Hybrid	3 swings each
3-Wood, Driver	3 swings each

TEE OFF

Tee off last in your group and visualize your tee shot. Pick an aim point and visualize the ball flight and landing in your target zone.

