

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

BIG MUSCLE GROUP STRETCHING

LUNGE WALK

How should I warm up?

The following advice is runner based but will assist any golfer specific requirement if used properly. Core strength is a key element with any mobility sport discipline. Flexibility and 'Range Of Motion' ('ROM') combined with 'Strength' training are inseparable. Where and whenever we get more 'Length' we require more 'Strength' to support the impending leverage. Just a fact of life!

We need to be flexible to walk and run efficiently. This leads to properly stable 'Motions', quickness, efficient relaxation and injury avoidance. When one makes quick direction changes, injury potentiality is always a reality. Good athletes utilize and require strong shoulders, a good stable trunk or abdomen (lower back and lower front), hip stability, sound hamstrings ('Hammies'), hard 'Quads & Glutes', calf muscles (gastrocnemius), stable Achilles tendons and strong ankles and feet. The 'Lower Body Machine' ('LBM') is a huge golf component base!

I can hear you thinking! **"How long will it take me to get this old machine ready to perform?"** Far shorter a period of time than you might think, when done properly! Olympian level skills take a little more specific organization and preparation, but the average athlete can improve in a matter of weeks ... very quickly indeed!

But we must all get up off your fat butts at get at 'IT'! Talking about 'IT' will not get the job done any time soon! The world of misplaced and disregarded 'New Year's Resolutions' will not cut 'IT'! Do you make these 'Prostitutions All Year'? Many do!

Never step on your human throttle unless and until you have warmed up. **If you fail to adhere to this bit of advice you shall suffer!** To properly warm up we must activate general blood flow which achieves two specific ends. 1)Transportation of fuel and removal of waste by-products and 2)Elevating the tissue temperature to enable the muscle fibrillae to elongate and contract efficiently.

Five to ten minutes of gentle and progressive **‘Cardio Pulmonary’** work will raise your **‘Core Temperature’** and **‘Provide Adequate Blood Flow’** to generally meet your athletic needs.

Slow paced motions are a sensible way to prepare for ‘Faster Paced’ goals. Make specifically required motions progressively faster. You can also gradually increase the ‘Speed Component’ of your ‘Bullet-Proof Drills’ as you become more proficient in their execution. A disciplined ‘Warm Up Regimen’ will fire up your ‘Soft Tissue System’ while increasing your strength enabling your muscles to handle a more dynamic contraction relaxation balance.

When doing any of these exercise and drills, always run the mental **‘Be Light On Your Feet’** tape in the background of your thought process. This promotes speed and resilience as well as quick response times to any negative feelings.

When you perform any of the following ‘Warm-Up Exercises’, always fill in the median gap with some walking or jogging intervals. This allows you to **‘Rest & Recover’** or just mellow between sets. Don’t over do any of these. Everything in moderation!

‘Get Your Family Physician’s Approval’ prior to undertaking any of these exercises or drills. There is no point in embracing even the slightest risk of ‘soft Tissue’ injury.

1) **LUNGE WALK:**

This will loosen your ‘Hip Girdle’ and improve leg drive while increasing your overall butt and hamstring performance. When done properly, your entire core stability will benefit.

Assume the ready lunge position. Then drop your butt while stepping forward into the shallow lunge position. As you warm up your should deepen the ‘Seated or Dropped Position’ and hold for a ‘Five Count’. Repeat!

Keep your chest extended tallish with good ‘Hip To Sternal Clearance’. Look straight ahead at a spot on the wall for a fixed reference point. This immediately induces very important ‘Spatial Ocular Stability’ and ‘Balance’. Co-ordinate your arm motions with your leg motions. You can add **‘Weight Or Mass’** which will increase the **‘Work Load’**. Do so by hand held dumb bells or a loaded weight bar across your shoulders.

We also use a well padded and weight load variable pack sack as well as the hand held material. Great benefit!

As stated, you should vary the depth of ‘Lunge’ or ‘Motion Squats’.