



How a Tour Player Warms Up

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I strongly doubt anyone is ever going to say that warming up is their favorite part of playing golf. Maybe that's why so many people simply ignore it. Just think, how many times have you seen someone go right from the clubhouse to the first tee? It's likely you've also been guilty of taking the "quick swing, bend here, flex there" approach to loosening up before a round.

That same attitude once prevailed among tour players, especially back in the days when strength and conditioning was a foreign concept for many of them. As information drawn from exercise science has been disseminated more widely, however, it's had a huge impact on players' daily routines.

This is perhaps nowhere more prevalent than when it comes to warming up – almost every tour player stretches with a trainer before ever setting foot on the range or course during a tournament.

Typically, these warm-up routines consist of a 30-minute session focusing on functional movement patterns. What we're trying to do is rehearse almost every range of motion a body would experience on the golf course.

Rather than hard stretches, it's best to do gentle muscle lengthening that introduces the body to the appropriate range of motion. These include lower and upper body stretches, as well as those that address the core and rotation.

One common misconception that I always try to correct is the belief that you can't overstretch. Forcefully exceeding a range of motion is a real concern for tour pros, because they don't want to lose the stability/flexibility balance they've worked hard to attain.

It's more frequent, however, to find a golfer who is not flexible enough. This is an especially significant issue among country club players, many of whom spend long hours at the office and not enough time in the gym. A program to combat this focuses on lengthening key primary and support muscle groups through a proper stretching program.

Understandably, most golfers don't have an innate sense of what movements will loosen up all the muscles used in a golf swing. Everyone's body is different, so there is no map to follow that will put you in position to avoid hurting yourself. The best and most effective way to proceed in developing your personal warm-up program is to consult with a qualified trainer.