

Fitter for Golf



Your guide to a stronger golfing body

Mobility: Good Mornings



Stand with feet hip width apart, hands on ears, elbows in line with shoulders. Keeping a neutral spine throughout the movement, push hips backwards, bending forwards to feel a stretch on the hamstrings. Return to the start position and repeat.

Mobility: Split Squat



Stand with feet hip width apart and take a long step forward. Front foot remains flat and the back remains on the balls of the foot. Hands on hips, chest up, travel down and forwards until the hamstrings and calf of the front leg meet. Return to top position and repeat. Do the same on the other leg

Mobility: Prone Hyperextension T



Lie on stomach, head facing floor, hands out to the sides, thumbs in line with ears to form a T. Lift chest and arms away from floor, keeping the head neutral with the spine. Lower chest and arms to start position and repeat.

Mobility: Trunk Twist



Lie on back, legs bent 90° at the hip and 90° at the knee. Arms spread at shoulder height, palms facing the floor. Slowly lower legs to one side towards the floor, maintaining angles through hip and knees. Raise legs back to centre position and repeat on opposite side.

Mobility: T Push-Up



Start in push-up position with feet hip width apart. Lower your body to perform a push-up; at the top position rotate body 90° towards ceiling, feet rotate 90° that heels make contact with floor and arm should remain straight throughout the movement to point toward ceiling. Return to push-up start position and repeat on opposite side.