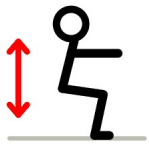
GOLF WARM UP

5 movements to get your body ready to play

1 BODY WEIGHT SQUATS



2 × 30 SECONDS

Feet shoulder-width apart. Sit back like you're sitting in a chair, then stand up tall.

2 LUNGE WITH ROTATION



10–15 EACH SIDE

Step forward into a lunge. Turn your upper body toward your front knee, then back to center. Switch sides.

3 TRUNK ROTATIONS



2 × 30 SECONDS

Cross your arms over your chest. Keep your hips still and slowly turn your upper body side to side.

4 WALKING HAMSTRING SWEEPS



20–30 SECONDS

Step forward, heel down and toes up. Bend at your hips and sweep your hands toward your toes. Switch legs each step.

5 ARM CIRCLES



2 × 30 SECONDS

Hold your arms straight out to the sides. Make circles forward, then backward.

WARM UP TIPS

- ✓ Drink water before you start
- ✓ Go at your own pace
- ✓ Tell a coach if something hurts

Special Olympics Virginia

READY? LET'S PLAY!