

**Dynamic Conditioning
 Makes All The Difference!**

- Continuous, dynamic movements are the most effective in preparing the body for golf.
- Dynamic stretches "alert" the neuromuscular skeletal system for the explosive golf swing more effectively than static stretching.
- Dynamic movement raises core temperature, coordinates movement and breathing (great for rhythm and tempo), and supports mental focus.

**Benefits of the
 YFG Dynamic Warm-Up**

- Increases blood flow to the muscles.
- Increases the core body temperature.
- Prepares the neuromuscular system, supporting better coordination.
- Promotes flexibility and strength.
- Reduces the risk of injury.
- Prepares you mentally and boosts confidence.

**Dynamic Stretching
 Do's & Don'ts**

DO:

- DO breathe in and out through the nose.
- DO flex or engage the opposing muscle. For example while stretching the hamstrings, engage or flex the quads.
- DO stretch before, during, and after your round to develop and maintain optimal muscle balance.

DON'T:

- DON'T bounce in the stretch.
- DON'T stretch injured or over-stretched, hyper-flexible joints and muscles.
- DON'T continue if you experience any pain in the muscle. Slight discomfort is acceptable, pain is not.

As with all physical fitness programs, be sure to have your physician's clearance to participate.

WINDOW WASHERS / HIP STRETCH



Begin with feet wider than hip width apart. Exhale bringing both knees to the right then inhale returning to the start position. Switch sides; repeat 10x times in each direction.

CAT / COW



Begin on all fours, hands directly under the shoulders, hips over the knees. Spread fingers as wide as possible. On exhale, draw the navel towards the spine, rounding the spine towards the ceiling as the buttocks engage. Tuck the chin into the chest, stretching the upper back. On in-hale, arch your back, pressing the thoracic spine towards the floor, shoulders rolled back. Do not hyper extend your neck. Repeat 10x.

DYNAMIC SPINE ROTATION



Begin on the right side, legs placed at a 90° angle to your body. Place a towel under the head so the neck is supported. Bring the palms together. Inhale, open the hands, rolling the left shoulder blade to the floor while keeping the knees in place. Exhale, return to the starting position. Repeat 10x ; switch sides.

ARTICULATING BRIDGE



Bend your knees; bring your feet about 12 inches from the glutes. ~~Inhale~~ as you press the lumbar spine towards the floor and engage the glutes. ~~Exhale~~ as you lift the hips off the floor, one vertebra at a time. Inhale as you lower the glutes back to the floor. Repeat 10x.

EXHALE
 INHALE