

Rotate!

Taking a few moments to warm up the parts of your body vital to your golf swing will pay dividends out on the course

The golf swing is rotational, but we need to make sure we rotate through the correct areas in the body. Hip rotation is crucial to create a full backswing, and to be able to clear your front hip in your downswing. The following exercise is an excellent way to quickly warm up the muscles around your hips to improve your range of motion, helping you generate power and distance, and lead to more consistent ball striking.



1 Stand with your right leg slightly forward and with most of your weight on your right foot. Hold your golf club up in front of you at shoulder height.

2 Push down through your front foot, while you rotate and lift your other leg up and across your body. The movement should be fast and dynamic. Keep your upper body as still as possible.

3 Rotate until your thigh is parallel to the ground and in line with the golf club. Try not to let your grounded foot move. Hold the position for one second then return to the start position.

Repeat 10 times on each side

BRADLEY TAKAI is a founder and physiotherapist at the Institute of Golf. For the last four years he has specialised in golf physiotherapy. Bradley will be sharing with you some of the same useful tips and exercises that have helped the Institute of Golf's leading golfers including Michael Hendry, Brad Shilton and Lydia Ko reach their potential.