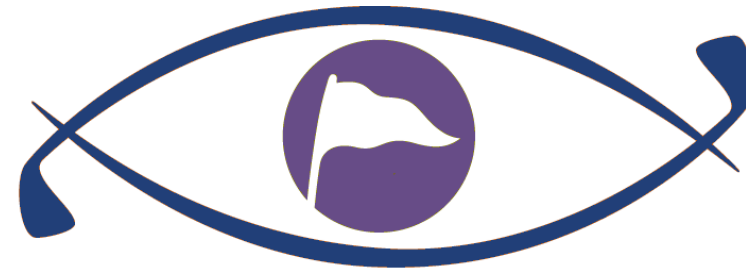




# Colorado Golf Association Women's Summit 2023

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Warming Up For Success



**EXPERIENCEGOLF™**

# Side Steps with Band



- Band just above your knees and stepping side to side
- Toes straight ahead
- keep tension on the band try not to let feet come all the way together
- butt out and back straight shoulders down.



# Monster Walks



- Moving forward and back with band around thighs
- Neutral spine and butt out
- Keep tension on the band the entire movement



# Standing Cat Cow



- Get into your golf posture and you will arch your back as much as you can and then pull your hips underneath you and move back and forth between the positions
- Try to make the movement come from your hips and not your knees
- Actively engage abs each time before you move into cow.



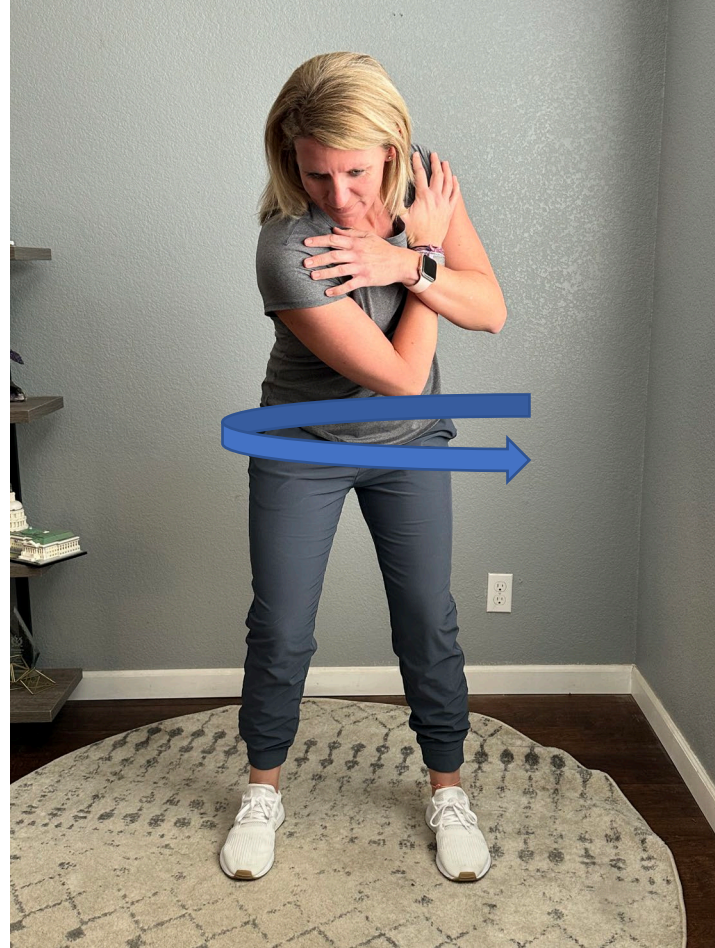
# Hip Rotation



- Get into your golf posture and keep your shoulders as still as possible, focus on letting your hips rotate as far each direction as you can without your upper body moving
- if you need to grab onto the chair in front to stabilize shoulders
- Knees stay soft



# Shoulder Rotation



- Get in your golf posture and focus on keeping your lower body quiet while you rotate your shoulders around your spine both directions as far as you can
- If you need have someone hold on to your hips to stabilize them as you rotate your shoulders



# Lunge with Rotation



- Take your band and put it over your wrists, get in a lunge position and you will pull your arms apart while you rotate towards the knee that is in front
- Keep arms straight and shoulders down while you rotate
- This one is great for stabilizing your lower body



# Arm Raises with Band



- Start in your golf posture and with the band over your wrists, you will bring your arms overhead and then back down
- Focus on spine staying neutral and the movement coming from your shoulders not from arching your back
- This is great for lengthening your lats



# Cross body with Band



- Start in your golf posture with the band over your wrists, you will reach down to one foot and then rotate up to the opposite side and reach up while pulling your arms apart
- Squat down and try to get all the way down to that foot then rotate up at a diagonal keeping tension on the band



# Balance with Cross Body Rotation



- Start on one leg (if comfortable) and put your hands behind your head. Focus on keeping your knee where it is and drop your opposite elbow down as far to that raised knee as you can
- Modification: Tap your toe down in between each movement so you don't lose your balance





# Side lunge with toe up

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- Start with a wide stance and drop down into a side lunge allowing the straight leg to have the toe pointing up.
- Do your best to keep your heel on the ground
- Move back and forth in that movement





# Calf Raises

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- Feet shoulder width apart: Start with toes straight ahead and lift up onto your toes, do a few this way and then point your toes out and repeat and finally point your toes in and repeat
- Try to keep your heels from touching the ground in between reps if you can



# Wrists



- Start with arms out in front of you and point fingers straight up and then straight down to the ground
- Use your other hand to pull your fingers back and then pull your fingers down





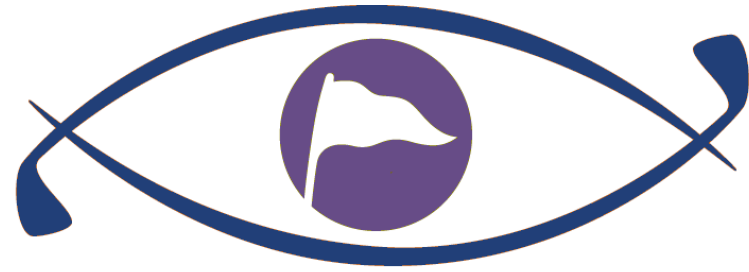
# Thank you!

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For any questions or comments please contact us:

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