

Warm up to Golf

Have you ever felt like being a couch potato, even though you had things to do? Then after many minutes of procrastination, you got up, started doing whatever you're doing and found that after you get going, it's not so bad, or you even feel great while actually doing your chore?

Well, you probably got properly warmed up. Golf is like that. Most golfers for lack of time, rush out of the car, run to the first tee, and proceed to hit the hardest club in the bag, the driver. Sometimes we can get away with not warming up, but it can really help, especially as we get older. Our muscles work a lot better when they are warm, and receiving a constant flow of nutrients. It also can really affect our confidence and is also safer for our bodies. A proper warm up can also help our rhythm and timing, which is very important in golf.

Most touring professionals can take up to an hour just to warm up. They putt a few, then chip, then pitch a few, then start hitting their short irons. After finding the middle of the clubface, they proceed to hit full and longer shots, trying to simulate playing conditions. The driver is the last club they hit. After a few more putts, they're ready. Is this how you warm up ?