



Briefing from our Bio

This month, Luke is highlighting the importance of a warm-up in this article.

The Importance of a Warm-Up

In most sports, it is essential that athletes are prepared and ready to go when the match gets underway. There are a variety of ways to achieve this preparedness; however, a **good quality warm-up** is a critical factor that underlies this process.

Golf is an explosive sport, requiring a lot of force to travel throughout the body in short period of time.

If our bodies are not prepared for the amount of force being required, we are opening ourselves up both mentally and physically for suboptimal performance.



Preparing our bodies for the “match” leads to the marginal gains people talk about, that extra 1% that can make all the difference.

Below are some reasons why a golf warm-up routine is important:

1. Increased heart and breathing rate during a warm-up

- a. Leads to increased blood flow to the working muscles

- b. Increases the lungs capacity to do work

2. Increased tissue temperature

- a. Increases the muscles' rate of contraction
- b. Increases our soft tissue extensibility (our range of motion)
- c. Increases the bodies metabolic rate

3. Reduces injuries

4. Increases psychological preparation for bout of exercise

5. Increases the mental readiness of an individual

- a. Prepares the body for what is to come

One golf study (Langdown et al., 2018) showed that performing a proper warm-up routine, as opposed to just rocking up and hitting the ball, results in a slight increase in ball velocity. With this in mind, it is clear that a warm-up routine prior to playing golf is a **non-negotiable and an essential** practice to improve both your mental and physical performance during a game. The same principles apply across all other sports and golf is no different.

Should you have any questions or would like to work on a proper golf warm-up routine, I am happy to assist with this. [Let me know.](#)

Happy golfing,

Luke

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