EAST LANE GOLF

Pre-Round Mobility Card

Six minutes of movement before you swing

Do these before you hit a single ball, then move straight on to the Pre-Round Warm-Up card for your actual swings.

Move	Cue
1. Thoracic rotation	Arms crossed over your chest, feet shoulder-width — rotate slowly side to side, 8 each way
2. Walking hip opener	Step forward, hug the knee to your chest, then open the hip out to the side — 6 each leg
3. Rotational lunge	Step into a lunge, rotate your torso toward the front leg — 6 each side
4. Arm circles	Big, slow circles forward, then back — 10 each direction
5. Leg swings	Holding something steady, swing one leg forward and back — 10 each leg
6. Build-up swings	5 slow, 5 at half speed, 5 at three-quarter — balance first, power last

Six minutes, done. A cold back and tight hips cost you clubhead speed.

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.