EAST LANE GOLF

Pre-Round Warm-Up

Ten minutes to be ready

Ten minutes, smallest club to biggest, then putting. Warm up to play — don't try to fix your swing.

Time	Do this
2 min	Loosen up: easy stretches, slow swings
3 min	Wedges and short irons, half swings
2 min	Mid-irons, building to full
1 min	A few drivers, smooth tempo
2 min	Putting: long lags, then short ones

Finish on the putting green, not the range.

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