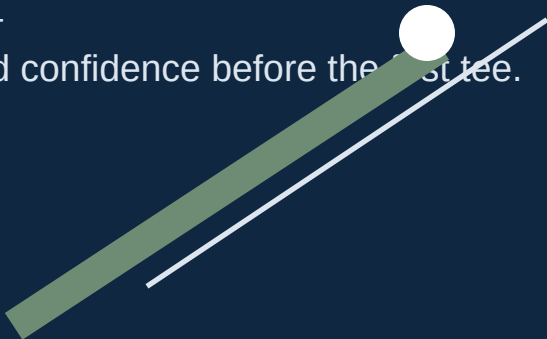


MOTION UNBOUND

THE 5-MINUTE GOLF WARMUP

A premium pre-round routine for golfers 50+
Designed to improve readiness, rhythm, and confidence before the first tee.

Outdoor Strength & Performance



Why this guide matters

Most golfers would never begin a round without the right club, ball, or glove — yet many step to the first tee without preparing the body that has to make every swing. This guide is designed as a simple, repeatable routine you can complete in five minutes. It is intentionally short so it actually gets used.

Our goal is not to create another complicated fitness plan. Our goal is to help golfers build a reliable habit that improves mobility, sequencing, and confidence before a round.

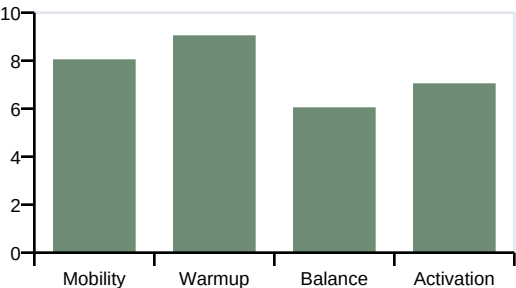
What this routine is designed to support

- Smooth rotation through the hips and thoracic spine
- More comfortable setup and follow-through
- Better rhythm on the first few holes
- A repeatable pre-round habit that feels realistic

Key Pillars

- Hip mobility
- Thoracic rotation
- Shoulder readiness
- Ground-force awareness
- A repeatable pre-round routine

Typical areas golfers neglect



Before you start

- ☐ Work only within a comfortable range of motion
- ☐ Use a club or support if balance is limited

- [] Stop if pain is sharp, escalating, or unfamiliar
- [] If you have recent surgery or active symptoms, use clinician guidance

The complete five-minute sequence

Think of the routine as a progression: loosen, rotate, activate, rehearse, then swing. Each block takes roughly one minute. Keep the effort smooth and controlled.

5-minute warmup flow		
0:00–1:00	March & posture reset	Walk or march lightly while stacking rib cage over hips. Breathe in through the nose and exhale fully to relax upper-body tension.
1:00–2:00	Hip hinge to reach	Practice 6–8 controlled hip hinges while reaching the arms forward, then add gentle side-to-side weight shift.
2:00–3:00	Open-book rotation	Perform 4–6 thoracic rotations per side. Keep the hips quiet and let the upper back do the turning.
3:00–4:00	Shoulder sweep & scap set	Perform 8–10 shoulder sweeps or band pull-aparts if available. Focus on smooth shoulder-blade control.
4:00–5:00	Two rehearsal swings	Make 4–6 easy rehearsal swings, gradually building range and speed while maintaining balance and finish position.

Use this routine especially when...

- You are heading straight from the car to the first tee
- You tend to feel stiff on holes 1–3
- You are playing in cold weather or early mornings
- You want a dependable preparation routine that does not require gym space

Movement detail: hip hinge + weight shift

Why it matters: golfers often need a quick reminder of how to load through the hips without collapsing through the spine. This prepares the lower body for rotation and helps wake up balance strategies.

Coaching cues
☐ Stand tall with soft knees
☐ Send your hips back while keeping your chest long
☐ Reach your arms forward to counterbalance
☐ Shift 60–70% of your pressure from one foot to the other
☐ Finish each rep standing tall

Common errors to avoid

- Turning the hinge into a deep squat
- Rounding through the mid-back
- Rushing the weight shift and losing balance
- Using pain as the signal to go further

Programming note: for some golfers, Aaron may later customize this slot with split-stance loading or rotational lunge prep once the final course is built.

Movement detail: thoracic rotation + shoulder sweep

Why it matters: golfers need enough upper-back rotation to make a comfortable turn while keeping the lower body organized. Shoulder preparation also improves the feel of early swings.

Thoracic rotation cues

Perform 4–6 slow repetitions on each side. Turn through the chest, not by over-twisting the low back. Exhale as you rotate.

Shoulder sweep cues

Perform 8–10 repetitions. Move smoothly through a comfortable arc. Think “long neck, shoulders away from ears.”

Key Pillars
Thoracic rotation supports swing turn
Scapular control supports shoulder comfort
Rehearsal swings connect warmup to play

If you have limited time

- Do just one hip drill, one rotation drill, and two rehearsal swings
- The priority is consistency, not perfection

Red flags — stop and get guidance if...

- | |
|--|
| ☐ You feel sharp or electric pain into the arm |
| ☐ Pain remains after reducing the range of motion |
| ☐ Balance feels unsafe without support |
| ☐ You are returning from a recent procedure or injury |

Round-day implementation plan

The best warmup is the one you will actually do. Use the template below to anchor the routine to your normal golf schedule.

My round-day cue

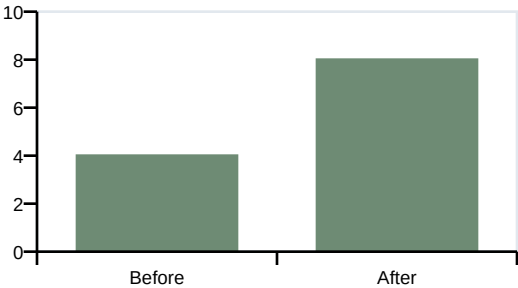
☐ When I arrive at the course, I will start the routine before checking scores or messages.

☐ I will perform the routine beside the cart, on the range, or near the first tee.

☐ I will rate how ready I feel before and after (1–10).

Simple habit loop		
Cue	Arrival at course	Link the routine to a specific moment — after parking, after shoes, or before the range.
Routine	5-minute sequence	Keep it short and repeatable so the behavior is easy to maintain.
Reward	Feel ready early	Notice whether your first three holes feel smoother and more comfortable.

Self-rating template (example)



Quick-reference checklist + next step

Below is a one-page version you can screenshot, print, or keep in your golf bag.

5-minute Golf Warmup — quick version

☐ 1 minute of marching and posture reset

☐ 1 minute of hip hinge + side-to-side weight shift

☐ 1 minute of thoracic rotation

☐ 1 minute of shoulder sweep or band pull-aparts

☐ 1 minute of rehearsal swings progressing to full finish

Next-step offer idea

• 7-Day Golf Mobility Starter

• Daily 10-minute routines for hips, trunk, shoulders, and pre-round readiness

• Bridge product from free guide into the full Golf Longevity System

Brand note: this guide is designed to feel like a premium planning tool rather than a generic PDF. Final exercise selection, dosage, and medical language should be reviewed by Aaron prior to public release.