Golf Warmup:

From “Performance Institute” on golf channel. This is from the Tilteist Performance Institute from which I have a certification.

1. Standing Rotations–arm swings/opening both sides, one arm at a time
2. Wider base—standing windwills—bend forward from hips touch inside of foot
3. Lunge position-helicopter lunges/twists
4. Arm circles for shoulders both directions
5. Hip swings/front back and side “on the horse, off the horse”

Even if you go trunk to tee like I do, you have time for this.

Go to mytpi.com and click on dynamic warm up under golf fitness. You may have to set up account but this website is one of the best collections of exercises available on the web not only for golf but other sports as well.