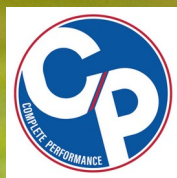




Unlock Power, Precision & Pain-Free Play

THE COMPLETE GOLF GUIDE

*A warm-up and mobility system for golfers who play to score —
not just to get outside*



Complete Performance LLC



5 MINUTES • NO EQUIPMENT

On-Course Warm-Up

Run this before your first tee shot. It follows RAMP — Raise, Activate, Mobilise, Potentiate — the sequence golf research links to faster clubhead speed than walking up cold.

1 Standing Torso Twists

Rotate through your mid-back while your hips stay quiet — the same thoracic rotation your downswing depends on.

RAISE + MOBILISE — 20 total (10/side) — VIDEO DEMO

2 Walking Lunge, Overhead Reach

Opens the hip flexors and thoracic spine together — the two joints most linked to swing power and back health.

ACTIVATE + MOBILISE — 6 reps/side — VIDEO DEMO

3 Shoulder Pass-Throughs

Wide grip on a club or towel, pass overhead and behind without arching your back. Frees up the shoulders and lats.

MOBILISE — 10 forward, 10 back — VIDEO DEMO

4 Bodyweight Squat to Reach

Sit into a squat, stand and reach tall — linking hips, core, and shoulders before you take the club back.

ACTIVATE — 10 reps — VIDEO DEMO

5 5 Slow, 5 Fast Swings

Build from half speed to full. This “potentiate” step is what the research shows actually raises clubhead speed.

POTENTIATE — 10 total reps — VIDEO DEMO



2-3X PER WEEK • 10 MINUTES

At-Home Drills

A short mobility session between rounds keeps what the tee-box warm-up starts. These build the rotation and control the golf swing actually asks for.

1 T-Spine Thread the Needle

From hands-and-knees, thread one arm under your torso, then rotate and reach it toward the ceiling. Builds the thoracic rotation that research ties to a smoother backswing and less compensation through the low back.

3 sets of 8 per side — VIDEO

2 Dead Bug

Flat back, knees bent at 90°, arms straight up. Slowly extend the opposite arm and leg, then return. Trains the core control that keeps your spine stable while your hips and shoulders do the rotating.

3 sets of 10 total reps — VIDEO

3 Side Plank with Reach-Under

From a side plank, rotate your top arm under your body, then reach it back to the ceiling. Builds the anti-rotation strength that keeps your posture from breaking down through impact.

3 sets of 6-8 per side — VIDEO

WHY THIS ORDER

Rotation first, then control, then load — mobility work sticks best when it's immediately reinforced with a stability drill in the same session.



2-3X PER WEEK • 10 MINUTES

At-Home Drills (cont.)

4 Single-Leg RDL with Reach

Balance on one leg, hinge at the hip, and reach toward the floor. Golf is a one-legged sport at impact — this builds the balance and glute control that stop you from swaying off the ball.

3 sets of 6-8 per side — VIDEO

5 90/90 Hip Switch

Seated with knees bent 90° front and back, rotate through the hips to switch sides. Trains the hip rotation split every swing needs — a tight lead hip strongly predicts golfers' low back pain.

3 sets of 6 slow reps per side — VIDEO

6 Reverse Inchworm with Push-Up

Walk your hands out to a plank, perform one push-up, then walk back to your feet. Builds the shoulder stability and core connection that keep your swing sequence from breaking down under speed.

3 sets of 8 reps per side — VIDEO

A NOTE ON PROGRESS

If a move is pain-free but stays hard after 4-6 weeks of consistent work, that's a sign to get a movement screen rather than push through it — not every restriction responds to the same drill.





READY TO TRAIN LIKE A GOLFER?

At Complete Performance, we help golfers:

- Move better
- Swing stronger
- Prevent injuries
- Play with more consistency

Scan to claim your FREE custom golf assessment & performance session

