Unlock Your Backswing

A 20-minute full body golf flexibility routine



20 minutes | **8** exercises | **2** parts: upper and lower body

Does your golf swing feel stiff or restricted? This routine is the perfect place to start. You may notice an improvement in your rotation after just one session!

How to follow the routine

01 **Follow the order**
Use the reps or hold times listed for each exercise.

02 **Ease into each movement**
Move slowly, breathe, and stay in a comfortable range.

03 **Watch the demos**
Tap any exercise name, or “Watch the demo”, to see the video.

What you’ll need

- ✓ A foam roller (or a pillow)
- ✓ A golf club
- ✓ A chair
- ✓ A couch or bench
- ✓ A yoga block, if you have one

Try a before-and-after swing

Make a slow backswing before and after the routine. Notice where you feel tight and whether your swing feels different.

PART 1 OF 2 · ABOUT 9 MINUTES

Upper Body Flexibility Exercises




01 Thoracic Extension

2 sets × 60 seconds 2 min

Place a foam roller or pillow under your mid-back. Hold a golf club and reach your arms overhead. Hold at the end of your comfortable range.

Mid-back mobility

▶ Watch the demo




02 Seated Thoracic Rotation

2 sets × 30 seconds per side 2 min

Sit in a chair and lean forward slightly. Brace one forearm between your legs, bend the other elbow, and rotate your upper back toward the ceiling.

Mid-back rotation

▶ Watch the demo




03 Open Book Variations

2 sets × 30 seconds per side 2 min

Lie on your side with your top knee bent and supported. Rotate your upper body toward the opposite side while keeping your lower body still.

Shoulder and spine mobility

▶ Watch the demo




04 Prone Pec Stretch

2 sets × 45 seconds per side 3 min

Lie face down with your elbows bent at 90 degrees. Bring one leg across behind you and gently press into the floor on that side until you feel a stretch across your chest.

Chest and shoulder flexibility

▶ Watch the demo

PART 2 OF 2 · ABOUT 11 MINUTES

Lower Body Flexibility Exercises




05 Assisted Pigeon

2 sets × 60 seconds per side 4 min

Support your bent front leg on a foam roller. Extend your other leg behind you and lean forward slightly until you feel a stretch in your glute.

Hip mobility

▶ Watch the demo




06 Half-Kneeling Hip Flexor Stretch

2 sets × 60 seconds per side 4 min

Kneel with your back foot on a couch or bench. Squeeze the glute on your kneeling side. For a deeper stretch, reach your arms overhead.

Hip flexor flexibility

▶ Watch the demo




07 Squat to Forward Fold

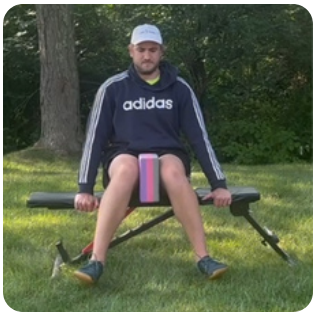
2 sets × 12 reps · 5 seconds per rep 2 min

Start in a squat with your hands on the floor or ankles. Take 2 seconds to straighten your legs, pause for 1 second, then take 2 seconds to return to the squat.

Hamstring and lower-back mobility

▶ Watch the demo





08 Hip Internal Rotation

2 sets × 30 seconds 1 min

Sit tall with a yoga block or foam roller between your knees. Keep squeezing it as you move your feet apart, then hold.

Hip internal rotation

▶ Watch the demo



MEET YOUR COACH

Hi! My name is Jacob.

- World Long Drive Professional
- Master's degree in Exercise Physiology

I specialize in golf-specific workouts designed to enhance your game. My training programs focus on the 4 essential pillars of a successful golf swing: strength, flexibility, balance, and power.

With a deep understanding of human biomechanics and sports physiology, I create tailored fitness plans for golfers that optimize performance and reduce the risk of injury.

Whether you're a beginner golfer or pro, my training is designed to help you improve your golf swing, increase driving distance, and reach your full potential on the course.

Strength | **Flexibility** | **Balance** | **Power**

FROM A VERIFIED MEMBER

★★★★★

"Great combination of strength and mobility with main focus on strength. In a short period of time I increased my driver speed by 6 mph. Jacob always answers your questions fast and is always willing to help."

Verified member

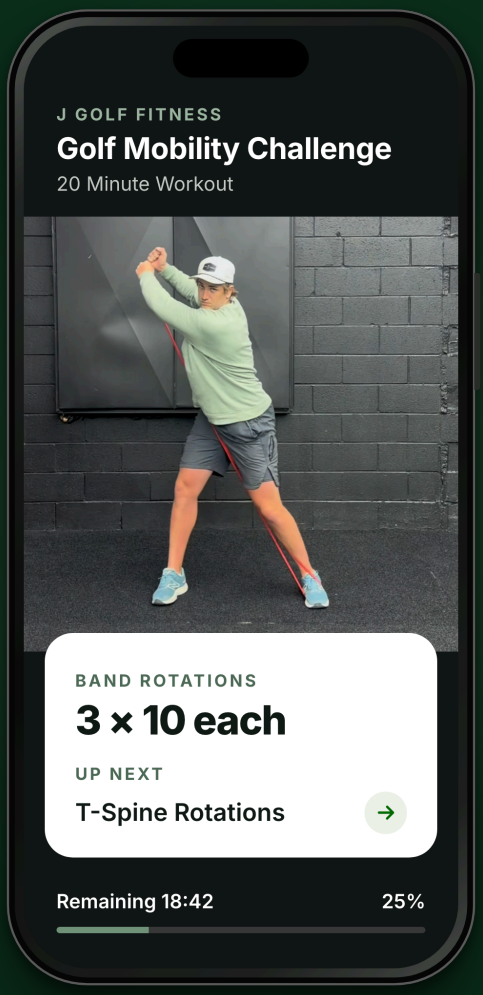
Questions about the routine?

Jacob@jgolffitness.com · jgolffitness.com

Ready for the full program?

This routine is one small piece of how I train golfers. The Golf Fitness App has my full programs, and you can try all of it free for 7 days.

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  Flexibility, strength and power for golf.
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  Programs for both.
- **Pre-round warm-ups**
  Get loose before you tee off.
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FROM VERIFIED MEMBERS

★★★★★

"AMAZING! I saw improvements in my rotation after just one 30-minute mobility session. Very impressed."

Verified member

★★★★★

"Been using it for a few weeks now. Workouts are straightforward and don't take a ton of time, which I like. Starting to feel a little looser in my swing and getting more distance."

Verified member