

Senior Golf Routine

Eight joint-friendly moves to keep your turn, your balance, and your distance.

About 15 minutes. All you need is a sturdy chair and a wall.

Full routine three days a week. Part 2 on its own as your warm-up before every round.

Part 1 · Strength and Balance Slow and controlled. Rest as needed.

1	Sit-to-Stand Swing Link: Leg Drive	Arms crossed, stand up from a chair. Take 3 full seconds to lower back down. Easier: use your hands.	2 x 8–10
2	Glute Bridge Swing Link: Hip Rotation	On your back, knees bent. Squeeze glutes, lift hips, hold 2 seconds. Floor or a firm bed.	2 x 10
3	Wall Push-Up Swing Link: Upper-Body Stability	Hands on wall at chest height, body in a straight line. Step feet back to make it harder.	2 x 8–12
4	Supported Single-Leg Balance Swing Link: Balanced Finish	One hand on a counter, lift one foot an inch. Stand tall. Progress to two fingers, then hovering.	3 x 20 sec / side

Part 2 · Mobility Breathe slowly. Never force a range.

5	Seated Thoracic Rotation Swing Link: Shoulder Turn	Sit tall, arms crossed, hips facing forward. Rotate your upper body, pause for a breath, return.	8 / side
6	Open Book Swing Link: Full Turn, Both Ways	On your side, knees stacked. Lift the top arm up and over, eyes follow your hand. Knees stay together.	8 / side
7	Standing Hip Flexor Stretch Swing Link: Free Hips, Happy Back	Split stance beside a chair. Torso tall, tailbone tucked, bend the front knee until the back hip stretches.	30 sec / side
8	Seated Figure-Four Swing Link: Hip Rotation	Ankle over opposite knee (or shin). Back straight, hinge forward from the hips.	30 sec / side

Before You Start

Check with your doctor or physical therapist before beginning any new exercise program, especially after a joint replacement or with a heart condition or balance concerns. Work in a pain-free range. Muscle effort is the goal. Joint pain is a stop sign.

Four-Week Tracker

Tick a box every time you complete the full routine. Three sessions a week for four weeks.

Get your reps. The scorecard doesn't lie, and neither does a full tracker.

Golfer Information

Name: _____

Start Date: _____

Your Sessions

WEEK	SESSION 1	SESSION 2	SESSION 3	ROUNDS PLAYED	HOW DID YOUR BODY FEEL?
1 Learn the moves	☐	☐	☐		_____
2 Find your rhythm	☐	☐	☐		_____
3 Slow the lowering	☐	☐	☐		_____
4 Add a rep or two	☐	☐	☐		_____

Check Your Progress

Test on day one, then again after week four.

Sit-to-Stands in 30 Seconds

Day 1: _____

Week 4: _____

Single-Leg Balance, No Hands (sec)

Day 1 — L / R: _____

Week 4 — L / R: _____

Seated Rotation (Which side is tighter?)

Day 1: _____

Week 4: _____

What's Next

When the routine feels comfortable, level up your game with the full stretching and strength guides at drvngolf.com/blog, or follow along with video-guided sessions in the DRVN app.