

THE 20-MINUTE GOLF FITNESS STARTER PLAN

Move better. Build useful strength. Prepare the body that produces the swing.

No magic tips. No marathon workouts. Just a practical routine for golfers who want better mobility, stability, strength, endurance, recovery capacity, and movement quality.

20 minutes	No gym required	Hip-friendly focus
3-5 days per week	Golf-specific readiness	Starter-friendly progressions

Free guide from SoFriedGolf / Bradley's Ball Flight Academy

Start Here: The Point of the Plan

Golf fitness is not about collecting random exercises. It is about creating useful adaptations that help the golfer move, practice, play, and recover with more capacity. A workout is only the stimulus. Adaptation is the goal.

The goal is not to look exhausted. The goal is to become more capable.

This starter plan is designed for golfers who want a simple routine they can actually use. It emphasizes hip mobility, trunk control, balance, low-level strength, light power expression, and recovery awareness. It is a starting point, not a medical screen or individualized performance plan.

Why this matters for golfers

Your swing is produced by your body. If the body is stiff, tired, under-fueled, poorly recovered, or unable to organize basic movement, the swing is being asked to solve problems that are not purely technical. Your course performance can be influenced by mobility, stability, strength, endurance, hydration, nutrition, sleep, and recovery habits.

Your coursework emphasized this integrated view: golf performance is technical, but the swing comes from a body that must generate force, regulate energy, recover from training, and repeat decisions under tournament stress. It also highlighted that golfers may need strength, mobility, walking capacity, tournament fueling, hydration, and recovery monitoring rather than random exercise selection.

Use this plan for

- A simple daily or near-daily golf fitness foundation.
- A 20-minute movement session before practice, after work, or on non-golf days.
- A reset when you feel stiff, rushed, or physically unprepared.
- A starting point before more intense speed or strength training.

Do not use this plan as a substitute for medical care, physical therapy, or individualized training if you have pain, injury, dizziness, unexplained fatigue, balance concerns, or a medical condition. Stop if a movement causes pain.

The 2-Minute Readiness Check

Before the timer starts, quickly decide what kind of day your body is having. This keeps the routine honest and prevents a starter plan from becoming another way to chase fatigue.

Status	What it means	What to do
Green light	You feel normal, pain-free, reasonably rested, and able to move through the routine with control.	Do the full 20-minute routine. Keep most effort at 6-7 out of 10.
Yellow light	You feel stiff, tired, sore, stressed, or short on time, but not injured.	Use the mobility and recovery version. Slow down. Reduce range and intensity.
Red light	Pain, sharp discomfort, dizziness, unusual shortness of breath, or a movement you cannot control.	Stop. Choose gentle walking or rest. Seek appropriate professional guidance if symptoms persist.

The adaptation question

Before you train, choose the adaptation you most need today. Do not try to chase all of them at once.

Adaptation	Signs you may need it
Mobility	You feel restricted in hips, thoracic spine, shoulders, or ankles.
Strength	You need better capacity to hold posture, support tissue tolerance, and control positions.
Power	You want more speed, but only after mobility, strength, and recovery are adequate.
Endurance	You fade late in rounds or long practice days.
Recovery capacity	You train or play often but do not feel ready again.
Movement quality	You need better balance, sequencing, coordination, and control.

The 20-Minute Routine at a Glance

Use a timer. Move with control. Breathe normally. This routine should leave you more ready to practice or play, not crushed.

Time	Block	What to do	Adaptation
0:00-2:00	Raise	Brisk walk, march in place, easy jumping-jack variation, arm circles, or shadow swings. Start warm, not frantic.	Temperature, blood flow, attention
2:00-8:00	Open	Yoga squat, 90/90 hip switches, half-kneeling hip flexor reach, and thoracic rotation.	Hips, ankles, T-spine, usable range
8:00-13:00	Stabilize	Glute bridge march, dead bug, side plank, and single-leg balance reaches.	Trunk control, pelvis control, balance
13:00-18:00	Build	Split squat or reverse lunge, hip hinge, and step-behind rotational turns.	Strength, movement quality, light power
18:00-20:00	Integrate	Slow rehearsals, progressive practice swings, and calm breathing.	Transfer, rhythm, readiness

Equipment

None required. Helpful options: yoga mat, light resistance band, medicine ball, kettlebell or dumbbell, alignment stick, and a timer. If you use load, choose a weight that lets every rep remain controlled.

Intensity rule

This is a starter plan. Most days should feel like 6-7 out of 10 effort. If you finish worse than you started, the session was too hard or too rushed.

Phase 1: Raise and Open the Hips

This phase reflects a simple idea: golfers often need usable range before they need more intensity. Hip mobility, thoracic rotation, and ankle motion help the body turn, post, balance, and avoid stealing motion from the low back.

Movement	Time	Cues
Yoga squat pry	2:00	Feet slightly wider than hips. Sit into a comfortable deep squat. Keep heels down if possible. Use elbows to gently open the knees. Shift side to side slowly. Hold a post or door frame if needed.
90/90 hip switches	1:00	Sit tall with both knees bent. Rotate from one 90/90 position to the other. Use hands as needed. Keep the motion slow and controlled.
Half-kneeling hip flexor reach	1:00/side	One knee down, one foot forward. Lightly tuck pelvis, squeeze the back-side glute, reach the same-side arm overhead, and breathe. Do not arch the low back.
Thoracic open book	0:30/side	Lie on side with knees stacked. Rotate the top arm and chest open while hips stay quiet. Follow the hand with the eyes.

Yoga squat options

- If heels lift: place heels on a small wedge or hold a support.
- If knees feel uncomfortable: reduce depth and use a box or bench squat instead.
- If low back rounds aggressively: stay higher and focus on breathing and hip opening.
- If this feels great: keep it gentle. This is mobility and readiness, not a contest.

Hip work should create space and control. It should not create pain.

Phase 2: Activate and Stabilize

Golf does not require a rigid body. It requires a body that can move and organize. This phase builds trunk control, pelvis control, glute engagement, and balance without excessive fatigue.

Movement	Time	Cues
Glute bridge march	1:30	Bridge up, ribs down, glutes active. Alternate lifting one foot without letting hips drop or rotate.
Dead bug	1:30	Back on floor, ribs down. Extend opposite arm and leg slowly. Exhale as you reach. Keep low back controlled.
Side plank	0:30/side	Elbow under shoulder. Knees bent for easier version or feet stacked for harder version. Stay long, not shrugged.
Single-leg balance reach	0:30/side	Stand on one leg. Reach the free foot lightly forward, side, and back. Keep tripod foot contact and quiet posture.

What to feel

You should feel control, not strain. The trunk should resist unnecessary motion while the hips and shoulders move with intent. If you cannot breathe during a position, reduce the difficulty.

Golf transfer

These movements do not imitate the golf swing. They prepare the body to maintain posture, balance, and sequencing while the swing happens. That is the point of general fitness for golf: support the skill without confusing the exercise for the skill.

Phase 3: Build Useful Strength and Light Power

Golfers need enough strength to support posture, tissue tolerance, and force production. They also need to express force quickly. This starter block keeps both qualities simple and controlled.

Movement	Time	Cues
Split squat or reverse lunge	2:00	Six controlled reps each side. Tall posture. Front foot rooted. Smooth lower, strong stand. Use support if balance is limited.
Hip hinge	1:30	Eight slow reps. Push hips back, keep spine long, feel hamstrings and glutes. Add light dumbbell or kettlebell only when form is easy.
Step-behind rotational turns	1:30	Six each side. Step behind, load the trail side, turn through smoothly. Start slow, then add speed only if balance stays clean.

Optional equipment upgrades

- Hold a light dumbbell or kettlebell for split squats if bodyweight is easy.
- Use a light medicine ball for step-behind rotational throws into a wall if you have a safe space.
- Use a resistance band for rows or anti-rotation presses on alternate days.
- Add load only when range, balance, and breathing remain controlled.

Speed readiness note

Do not rush into maximal speed work if you are in pain, under-recovered, or unable to move with control. Clubhead speed is trainable, but speed sessions are high-intensity work. Build the base first.

The 4-Week Starter Schedule

Start with consistency, not heroics. The plan below gives you enough repetition to learn the movements without turning a starter routine into another source of fatigue.

Week	Goal	Routine	Walking / golf add-on
1	Learn the routine	3 sessions. Keep everything easy. Use support on yoga squats and balance work if needed.	2 easy walks of 20-30 minutes, or walk 9 holes if available.
2	Build rhythm	4 sessions. Add 5-10 seconds to holds or 1-2 reps where quality is excellent.	2 walks of 30 minutes. Notice how you feel after the 15th hole or final practice block.
3	Add light challenge	4 sessions. Add light load to split squat or hinge if form is consistent. Keep rotational turns crisp.	1 longer walk or walking round. Practice hydration during it.
4	Connect to golf	3-5 sessions depending on golf schedule. Reduce intensity before important rounds.	Track late-round energy, posture, and focus. Adjust the plan from evidence.

Use on golf days

- Before a round: use the first 8 minutes, then make progressive practice swings.
- After a round: use yoga squat, 90/90 switches, hip flexor reach, and breathing only.
- Before speed work: complete the full warm-up and mobility block first.
- Before an important tournament: arrive fresh. Do not add new exercises that week.

The plan should support your golf schedule. It should not compete with it.

Next Step: Build the Golfer, Not Just the Swing

This starter plan is not the end point. It is the first layer: move better, stabilize better, build basic capacity, and pay attention to how the body responds. Once the foundation is consistent, the next steps may include individualized strength training, speed-readiness work, walking-capacity development, hydration planning, or a more specific practice-to-performance worksheet.

More work is not the plan. The right adaptation is the plan.

A practical progression

- Step 1: Complete the starter plan for 4 weeks.
- Step 2: Track energy, hip feel, back feel, and late-round performance.
- Step 3: Identify the adaptation you need most next: mobility, strength, power, endurance, recovery capacity, or movement quality.
- Step 4: Build the next plan around that adaptation instead of copying random workouts.

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Educational note: This guide is general information for golfers. It is not medical advice, physical therapy, nutrition counseling, or an individualized training prescription.

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