

Disc Golf Warm-up



Disc Orbit – 10 circles each direction

With two hands, hold a disc about 6 inches in front of your face. Keeping your hands tight on the disc, circle the disc around your head like an orbit.

Scarecrow – 12 rotations each direction

Rotate your arms down and up while simultaneously rotating your head left and right in the same cadence as your arms.



Sprinkler – 10 rotations each direction

With one foot in front of the other, rotate your arm and trunk as far “open” as possible towards the back leg. Keep your head and feet still while rotating the rest of your body.

Lunge with Rotation – 8 lunges each leg

Lunge sideways, rotating your trunk over the leg you are lunging with. Focus on pushing your hips back and your inside leg should remain straight.



Stretch – 15 second hold, 3 times each way

Pull through your fingers, pointing your fingertips towards the sky. Pull through the back of your hand, pointing your fingertips towards the ground.