

Mobility Assessment Worksheet

Five standardized bodyweight tests, each mapped directly to the golf swing.
Score each test 1–5. Combine for a Mobility Total out of 25.
Complete in under 10 minutes with no equipment needed.

Golfer Information

Name: _____

Date: _____

Coach: _____

Golfer Type: _____

Male Female Junior Senior

Assessment Overview

1 Air Squat

Swing Link: Posture

Can the golfer organize their body, access the hips, and stay grounded?

2 Windmill Rotation

Swing Link: Thoracic Rotation

How much usable rotation exists — and is it symmetrical?

3 Split Stance Rotation

Swing Link: Separation

Can the upper and lower body move independently with control?

4 Glute Bridge

Swing Link: Activation

Can the glutes drive hip extension and maintain posture under load?

5 Single-Leg Hold

Swing Link: Balance & Stability

Can the golfer control momentum and finish with intent?

How to Use This Worksheet

Perform each test with the golfer. Circle the score that best matches what you observe.
Transfer all five scores to the Summary page. Add them up for the Mobility Total.

1 AIR SQUAT

Swing Link: [Posture](#)

The bodyweight squat gives you an immediate picture of how well a golfer can organize their body, access the hips, and stay connected to the ground. Before we think about rotation or speed, can the golfer sit down and stand up through a meaningful range of motion?

Scoring Criteria

SCORE	WHAT YOU'LL SEE	CIRCLE
1	Minimal movement; mostly a hip hinge with significant restriction through hips, knees, and ankles	<input type="radio"/>
2	Short of parallel; some glute and hamstring engagement but still restricted through the range of motion	<input type="radio"/>
3	Parallel squat; hips and knees aligned, neutral spine maintained, feet flat, eyes forward	<input type="radio"/>
4	Full squat with hips below parallel; chest stays up, posture maintained throughout	<input type="radio"/>
5	Full squat with club held overhead; neutral spine, strong thoracic control, feet flat	<input type="radio"/>

SCORE:

/ 5

Key Observations

- Neutral spine control — does the spine collapse into flexion or extension?
- Hip depth — can they access range without compensating?
- Ground contact — do heels lift or weight shift to toes?

If the Score Is Low, Focus On

- Thoracic mobility and upper body / hip flexor relationship
- Broader hip, knee, and ankle mobility work
- Foot mechanics, lower body loading, and balance drills

Notes:

2

WINDMILL ROTATION

Swing Link: [Thoracic Rotation](#)

This test answers a specific question: how much usable rotation does this golfer actually have — and how evenly can they access it on both sides? Rotation in the golf swing comes from the thoracic spine while the lower body stays organized and grounded.

Scoring Criteria

SCORE	WHAT YOU'LL SEE	CIRCLE
1	Rotation limited to 90° on both sides	<input type="radio"/>
2	Rotation passes 135° — midway between parallel and vertical	<input type="radio"/>
3	One side reaches 180°; the other side remains restricted	<input type="radio"/>
4	Both sides reach 180° with controlled, smooth rotation	<input type="radio"/>
5	Both sides move freely past 180° with no visible restriction	<input type="radio"/>

SCORE:

/ 5

Key Observations

- Side-to-side symmetry — is one direction significantly more restricted?
- Hip stability — do the hips stay quiet while the upper body rotates?
- Thoracic vs. lumbar — is rotation coming from the right segment?

If the Score Is Low, Focus On

- Thoracic spine mobility drills
- Asymmetrical / unilateral rotation work
- Lower body stability to allow the hips to stay quiet

Notes:

3

SPLIT STANCE ROTATION

Swing Link: [Separation](#)

This test isolates one of the most important elements of the golf swing: the ability for the lower body and upper body to move in different directions while retaining connection. It's the foundation of sequencing, power delivery, and consistent impact.

Scoring Criteria

SCORE	WHAT YOU'LL SEE	CIRCLE
1	Able to stabilize in split stance on both sides without losing balance	<input type="radio"/>
2	Reaches 45° of rotation in two of the four rotational directions	<input type="radio"/>
3	Reaches 45° of rotation in all four directions with good control	<input type="radio"/>
4	Reaches 90° of rotation in two of the four directions while staying stable	<input type="radio"/>
5	Reaches 90° of rotation in all four directions effortlessly with control	<input type="radio"/>

SCORE:

/ 5

Key Observations

- Hip stability — can the hips remain quiet under rotational demand?
- Internal vs. external rotation — where do restrictions appear?
- Asymmetry — which side struggles to stabilize or rotate?

If the Score Is Low, Focus On

- Thoracic mobility if rotation is limited
- Lower body control if stability breaks down
- Unilateral and asymmetrical training if sides differ

Notes:

4

GLUTE BRIDGE

Swing Link: [Activation](#)

At impact, the golfer must stay in posture while managing vertical, rotational, and lateral forces — all at once. The glute bridge gives you a direct look at whether the lower body can generate force without collapsing position. Strong glute function allows the golfer to drive the swing with control.

Scoring Criteria

SCORE	WHAT YOU'LL SEE	CIRCLE
1	Achieves full hip extension with both feet on the ground	<input type="radio"/>
2	Holds full glute bridge for 10 seconds	<input type="radio"/>
3	Holds full glute bridge for 20 seconds	<input type="radio"/>
4	Performs single-leg glute bridge on both sides with full hip extension	<input type="radio"/>
5	Holds single-leg glute bridge for 10+ seconds on both sides	<input type="radio"/>

SCORE:

/ 5

Key Observations

- Glute vs. hamstring dominance — excessive shaking
- indicates hamstring compensation
- Hip flexor restriction — can the golfer achieve full hip extension?
- Single-leg asymmetry — does one side fatigue or drop faster?

If the Score Is Low, Focus On

- Lower body activation and glute engagement drills
- Hip flexor mobility and release work
- Unilateral strength and pelvic stability training

Notes:

5 SINGLE-LEG HOLD Swing Link: Balance & Stability

The single-leg hold brings everything together. It shows whether a golfer can control their body through space, stay connected to the ground, and finish the swing with balance. Can the golfer remain stable and organized after force has already been created?

Scoring Criteria

SCORE	WHAT YOU'LL SEE	CIRCLE
1	Reaches 90° hip position on both sides but unable to hold	<input type="radio"/>
2	Holds single-leg position for less than 10 seconds on either side	<input type="radio"/>
3	Holds single-leg position for more than 10 seconds on both sides	<input type="radio"/>
4	Achieves Superman hold position on both sides	<input type="radio"/>
5	Holds Superman position for 10+ seconds on both sides	<input type="radio"/>

SCORE: / 5

Key Observations

- Balance over time — can they hold the position, not just reach it?
- Foot stability — is the foot actively working for control?
- Proprioception — how aware is the golfer of their body in space?

If the Score Is Low, Focus On

- Foot mechanics and ground connection drills
- Lower body stability and controlled single-leg work
- Unilateral training if asymmetries are present

Notes: _____

Scoring Summary

Transfer your scores from each test. Add them for the Mobility Total out of 25.

#	TEST	SWING LINK	SCORE
1	Air Squat	Posture	<input type="text" value="/ 5"/>
2	Windmill Rotation	Thoracic Rotation	<input type="text" value="/ 5"/>
3	Split Stance Rotation	Separation	<input type="text" value="/ 5"/>
4	Glute Bridge	Activation	<input type="text" value="/ 5"/>
5	Single-Leg Hold	Balance & Stability	<input type="text" value="/ 5"/>
MOBILITY TOTAL		out of 25	<input type="text"/>

Golf Fitness Handicap Categories

Mobility Total is one half of the full Golf Fitness Handicap. Combine Mobility + Fitness for a total out of 50.

	CATEGORY 5	30 – 25	Limited physical readiness
	CATEGORY 4	24 – 18	Developing capacity
	CATEGORY 3	17 – 12	Solid physical foundation
	CATEGORY 2	11 – 7	High physical readiness
	CATEGORY 1	6 – 1	Professional physical readiness
	CATEGORY 0	ELITE	Elite-level physical readiness

What's Next?

1. Complete the Fitness Assessment Worksheet to get the second half of your score (out of 25).
2. Combine both totals for the full Golf Fitness Handicap (out of 50).
3. Identify your golfer's current category using the table above.
4. Build a 6-week training cycle targeting the lowest-scoring areas first.
5. Retest at the end of each cycle — progress is only recognized through retesting.

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