

Prior to engaging in this fitness program I highly encourage you to seek your physician's approval/clearance.

The exercises on the following pages were designed specifically for golf players. Regular participation in this program should improve your game. The goals of this program are to increase flexibility, increase *functional* strength, and improve club head speed. The exercises are in “flash card” format for quick reference. The exercises are designed to challenge a diverse audience, from the de-conditioned individual to the seasoned athlete. Most of the exercises found on each flashcard detail a list of options ranging from simple to difficult (the picture that is shown above each list of exercises is underlined to show you which exercise is displayed). Simply choose the exercise that best suits your fitness level. Keep in mind, this program is designed to be a *supplement* to any formal instruction you may already be receiving from a Golf Professional.

The exercises are categorized in various components and are listed as follows:

- ❖ Flexibility component
- ❖ Stabilization component
- ❖ Strength component
- ❖ Power component

The program is a 6-week cycle which details (at the end of the exercise section) which days you perform each component. This accomplishes 2 things: (1) you don't get overwhelmed by doing ALL the components on one day and (2) you can complete the program in a relatively short amount of time. Keep in mind that some days you will be performing a little of each component. The frequency in which you will train is 5 days per week. Remember, athletes need to rest too, to allow for proper recovery from their hard work.

So, visit me online at www.CoreEssentials.biz or call 508-292-8117 for personal training. You may also want to view a comprehensive PowerPoint presentation that details each exercise (click on the link, “Programs”). Keep in mind, however, that these flashcards were originally designed for those individuals who wanted a quick reference guide after they have completed my golf training course.

FLEXIBILITY COMPONENT

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Perform 5-10 repetitions of the following dynamic stretch exercise(s) that best suits your fitness level. Additional exercises (not listed) performed on the “Foam Roll” may be appropriate. Note: If you are performing a stretch that requires a hold, sustain the hold for 20-30 seconds. These stretches are bolded. We encourage the use of partner or self assisted (contract/relax) stretching for maximum benefit as well as “mobilization with movement” (MWM) techniques. Ask us for more details.



1 Lower Trunk Rotation—Feet on Ground>feet off ground (legs bent>straight)



2 Upper Trunk Rotation—Sidelying



3. Beginner— **Standing (or kneeling)** Hip flexor Stretch>side bend>Twist



Advanced— Super Stretch (if you can't touch the ground grab your forward knee)



4. Seated assisted thoracic rotation with cable machine



5. Supine cross body kick (H/S Stretch) Or supine Static H/S Stretch (SLR)



6. Seated on Ball (Adductor Stretch)>Standing>w/twist



7. Forearm Stretches (extensors /flexors)



8. Neck Stretch: Neck rotation
(**Passive**>contract/relax)



9. Lat Stretch

NOTE: The above stretches are only suggestions. Your trainer will inform you as to what stretches that are most suitable for you. Based on your assessment, perform the circled stretches:

1 2 3* 4 5 6 7 8 9

***Beginner/Advanced**

You may want to split your stretching session in half: Perform ½ your stretches in the morning (prior to work) and the other ½ of stretches 1 hour before bed. During the golf season, you may want to stretch prior to and after the golf game.

STABILIZATION COMPONENT

STABILITY COMPONENT

Stabilization training is absolutely necessary to assure one’s core stability –an often neglected component. Poor core stability can increase the likelihood of injury & decrease performance. Strive for 10-20 repetitions & 1-3 sets (depending on what cycle you are performing [see workout grid]). Exercises that require holding a position, start with 5 sec & increase to 30 seconds.



1. *Supine Bridge (2 leg) >fallouts>Ball Bridge> One Leg Bridge (push with heel)*



This exercise requires holding a position.

2. *Plank (elbows & Knees)>elbows & toes>Roll outs on ball or supine heel taps (1 leg>2 legs)*



3. *Side Bridge (elbows & knees>elbows & knee-lift top leg>elbows & ankles/lift top leg/or overhead press)*



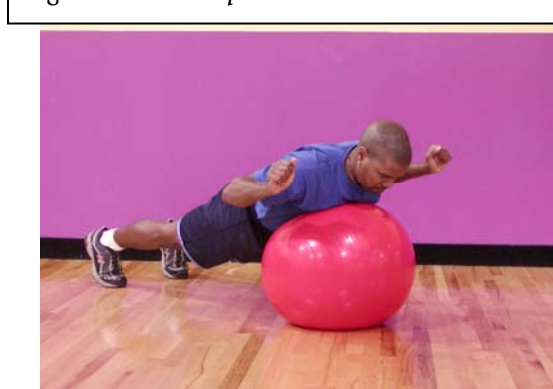
4. *Standing cable PNF with stable hips*



5. *Single Leg Balance> 1 leg Cobra> (stand on foam roll {flat side down>flat side up})*



6. *Seated on Ball (opposite arm & Leg lift) >Ball Bridge Position (lateral roll)>Kneeling on ball (arm raises)*



7. *Prone on ball (hips>chest) Snow Angels (i.e., form a “W” as you bring arms to side) (Beginner: Lie supine on ½ foam roll).*



8. *External Rotation (Kneeling-use DB>Cable) (Arm/elbows at 90 degrees)*

STRENGTH COMPONENT

STRENGTH COMPONENT

Strive for 8-12 repetitions & 1-3 sets (depending on what cycle you are performing [see workout grid])



1 Two Leg (Ball Squat > 1 leg toe touch)



2 Lunges— (mini>deep)>side to side>Hold dumbbells



3. Tube Walking (forward/back>side to side)



4. Ball Bridge Position (Russian Twist)>MB [or dumbbell] in hand>Holding cable



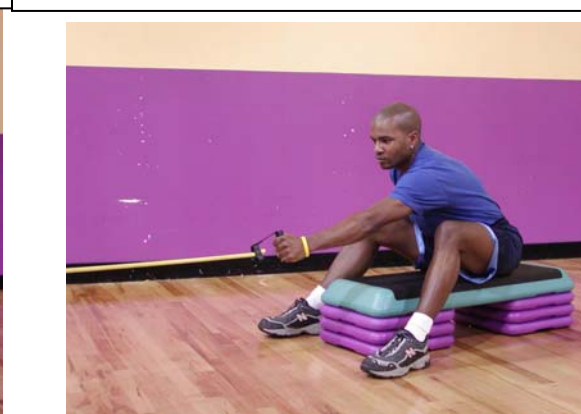
5. Pushups (knees & hands>toes and hands> Bench Press on Ball (1 arm> Ball Pushups



6. Ball Crunches>Jack Knife on Stability ball (2 leg>1 leg>Hip Twists on Ball or side sit up on ball



7. Lift (PNF pattern) (using MB or Low Cable)



8. One arm row seated (bench>ball) with back extension>twist

STRENGTH COMPONENT



9. Wrist Roll-Ups



Option: Perform Gyroscope (PNF patterns D2UE/D1UE) instead of exercise 9 & 10.

POWER COMPONENT

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Prior to performing the one leg standing exercises, perfect the exercises that require two leg support. Perform 6-12 reps. See workout grid (Page 12-13) for recommended sets.
Note: Any of the exercises below can be made more challenging by introducing un-stable objects underfoot to mirror the ground conditions of the golf course, sand traps, and bunkers.



1. Two Leg Parallel Stance MB (rotation)
Beginner (Warm-up)



2. One Leg Standing MB (rotation)
Advanced (Warm-up)



3. Two Leg (parallel stance) Parallel to wall –PNF Toss > Continuous



4. One Leg Standing Parallel to wall –PNF Toss > Continuous (Switch Legs)



5. Two Leg Parallel Stance Perpendicular PNF Toss > Continuous



6. One Leg Standing Perpendicular PNF Toss > Continuous (Switch Legs)



7. Lunge Position (Parallel to Wall) PNF Toss > Continuous (toss ball R to L / L to R)



8. Lunge Position (Perpendicular to Wall) PNF Toss > Continuous (right leg in front / left in front)

WORKOUT SCHEDULE

Cycle 1 (Weeks 1-2)

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday or Saturday</i>	
<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>
Flexibility	See <i>Page 4 & 5</i>	Flexibility	see <i>Page 4 & 5</i>	Flexibility	see <i>Page 4 & 5</i>	Flexibility	see <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>
Stabilization	1-4* <i>Page 7</i>	Stabilization	1,2,3,4,5,7,8* <i>Page 7</i>	Stabilization		Stabilization	1,2,3,4,6,7,8* <i>Page 7</i>	Stabilization	5 (or 6),7,8* <i>Page 7</i>
Strength	1 (or 2) 3, 4, 5, 6, 8, 9* <i>Page 9 & 10</i>	Strength		Strength	1 (or 2) 3, 4, 5, 6, 8,9* <i>Page 9 & 10</i>	Strength		Strength	3,4,6,8,9* <i>Page 9 & 10</i>
Power		Power		Power		Power		Power	
Cardiovascular		Cardiovascular	<i>Walk for 15-20 min RPE=13-15</i>	Cardiovascular		Cardiovascular	<i>Walk for 15-20 min RPE=13-15</i>	Cardiovascular	<i>Stadium stairs (3-5 sets/1min)</i>

****Perform one set of each exercise the first week. Perform 2 sets of each exercise the second week.***

Cycle 2 (Weeks 3-4)

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday or Saturday</i>	
<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>
Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>
Stabilization		Stabilization	1-4, 6-8* <i>Page 7</i>	Stabilization		Stabilization	1-5, 7,8* <i>Page 7</i>	Stabilization	
Strength	1-4* <i>Page 9 & 10</i>	Strength		Strength	1,5,6,7,8,9 <i>Page 9 & 10</i>	Strength		Strength	3,4,6,8,9 <i>Page 9 & 10</i>
Power	1 or 2, 3 or 4, 5 or 6, 7** <i>Page 12</i>	Power		Power	1 or 2, 3 or 4, 5 or 6, 7, 8** <i>Page 12</i>	Power		Power	1 or 2, 3 or 4, 5 or 6, 7, 8** <i>Page 12</i>
Cardiovascular		Cardiovascular	<i>Walk /jog 20 -25 min RPE=13-14</i>	Cardiovascular		Cardiovascular	<i>Fitter**** (side to side) 1-2 min (5-10 sets)</i>	Cardiovascular	<i>Long Walk 40-45 minutes RPE=11-12</i>

****Re: Strength/stabilization—Perform 2-3 sets of each exercise during this cycle.***

*****Re: Power—Perform 1-2 sets of each exercise during this cycle.***

******The Fitter (or more specifically Pro Fitter) is a device that was originally designed for skiers and challenges balance. It is available online at www.performbetter.com (if you do not want to do this exercise, engage in cardio exercise for 15-20 min.***

Cycle 3 (Weeks 5-6)

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday or Saturday</i>	
<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>	<i>Component</i>	<i>Refer to Exercises...</i>
Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>	Flexibility	See <i>Page 4 & 5</i>
Stabilization		Stabilization	1-5, 7, 8* <i>Page 7</i>	Stabilization		Stabilization	1-4, 6-8* <i>Page 7</i>	Stabilization	
Strength	1-4* <i>Page 9 & 10</i>	Strength		Strength	1,5,6,7,8,9 <i>Page 9 & 10</i>	Strength		Strength	3, 4, 6, 7, 8, 9 <i>Page 9 & 10</i>
Power	2, 4, 5 , 6, 7, 8** <i>Page 12</i>	Power		Power	2, 4, 5 , 6, 7, 8** <i>Page 12</i>	Power		Power	2, 4, 5 , 6, 7, 8** <i>Page 12</i>
Cardiovascular		Cardiovascular	<i>Walk /jog 20 -25 min RPE=13-14</i>	Cardiovascular		Cardiovascular	<i>Fitter*** (side to side) 2-3 min (5-10 sets)</i>	Cardiovascular	<i>Long Walk 40-45 minutes RPE=11-12</i>

****Re: Strength—Perform 2-3 sets of each exercise during this cycle.***

*****Re: Power—Perform 1-2 sets of each exercise during this cycle.***

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ADDITIONAL NOTES:

- ✚ *I encourage those individuals that are severely restricted in the thoracic spine (ribcage) to seek a health care practitioner that specializes in mulligan’s “mobilization with movement” (mwm) which greatly increases thoracic mobility. This is crucial to prevent injury and improve your game.*
 - *Who to seek: Mark Baldwin (508) 626-2600 or Dr. Richard Garian, D.C. (508) 879-9458.*

- ✚ *I recommend using a “foam roll” device after each workout. The foam roll can break up any adhesions (knots) in the muscles that can limit range of motion (much like ‘myofascial release’). Muscles that are predictably tight due to adhesions are: the iliotibial band, latissimus dorsi, hamstrings, calves, and Achilles. Consult a qualified health care professional for more details.*

- ✚ *The program is in three cycles which are 2 weeks in duration.*
 - Cycle 1*
 - *The first cycle includes flexibility, stability, & strength exercises but does not include any power exercises, which, by the very nature of these type exercises, subjects the participant to ballistic rotary stresses that may increase the incidence of injury.*
 - *Strength and most importantly, stability should precede any ballistic power type exercises.*
 - *The first cycle also emphasizes building an aerobic base.*

 - Cycle 2-3*
 - *Cycle 2-3 continues to emphasize the above flexibility, stability, & strength but adds the power component.*
 - *Cycle 2-3 continues to perform aerobic activity.*

- ✚ *After completion of the 3 cycles, Take a week off and then continue to perform cycles 2-3, but try to advance to more demanding postures (as depicted on the flash cards).*

- ✚ *Keep in mind, that this program is only a suggestion. Individuals who possess unique challenges may need to modify the exercises.*

BIBLIOGRAPHY:

- *Verstegen, Mark. (2004). Core performance: Golf. Joxy, LLC*
- *Chek, Paul. (2001). Golf biomechanics manual—whole in one golf conditioning. 2nd Edition. Paul Chek Publication*

*Models:
Rob ashton
Meryl Lemeshow*