EXERCISE FOR GOLF

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What are the three main fitness elements needed to play golf?

1. **Flexibility:**
   - Where is the body likely to be tight playing golf?
   - What muscles are involved in the movements?
   - What are the opposing muscle groups?
   - How do you improve range of motion?

2. **Stabilization:**
   - What muscles are stabilizing during setup?
   - What muscles are stabilizing during a swing?
   - What muscles stabilize in the finish of a swing?

3. **Balance:**
   - Where is the load in set up?
   - How do you transfer load during a swing?
   - In the finish where is the weight?
   - What muscle slings are being used?

If there is a single position that must be mastered it is the Hip Hinge:

**Hip Hinge:** Athletic Stance or Golf Ready Position

- a. Hold your club at waist height straight out from your body
- b. Bend slightly forward by hinging at the hip to load your glutes
- c. Keep your knees unlocked but do not bend them as you hinge forward
- d. Lower club head to the ground
- e. Keep your spine neutral (not rounded) from your tailbone through the top of your head

**EXERCISE GOAL**

The goal of this program is to provide you with some tools to improve the 3 key elements to a great golf swing. By performing the program in a timed circuit you can focus more on the movement versus counting a number of repetitions. It also adds the benefit of keeping you moving and building stamina. For quick workout days do only one program followed by the yoga sequence this will take 40-45min, for those longer sessions add the second program after completing the first then do your yoga sequence this should be about 60-75min.

**NOTE:** Do not skip out on the yoga sequence as it is critical to gaining flexibility.

If you need assistance with any of these exercises please call us and we can arrange a session with one our fantastic trainers.

**The plan:**

5min warm-up: High knees, Flutter kicks, shuffle steps high, shuffles steps low, torso rotations upper, torso rotations lower

5 Exercise Stations | 50 secs on 10 sec rest

Complete 4 rotations | Yoga sequence
Program 1

CABLE FLY ALTERNATING ARMS

1. Chest strength and stability under load
2. Start holding the cable in the right hand and in the golf ready stance
3. Left hand is out in front of your body forming a target for the fly
4. Holding your shoulders and hip still pull your right hand to your left
5. It is critical to keep your body still and move only the right arm

Notes:

HALF SWING

1. Works on the first half of a golf swing
2. Set up as if you are addressing the ball
3. Rotate to swing side first
4. When the hip stops the rotation stops
5. Whatever is done to one side you must do to the other

Notes:
Program 1

TRX PULL UPS 45°

a. Strength and posture
b. Starting at a comfortable angle gripping TRX arms straight
c. Start by pulling shoulder blades together and then raise the body
d. Maintain a stiff spinal and postural position through the movement
e. Think of this as a reverse plank with a pull up

Notes:

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BALL TABLE TOPS

1. Teaches you to load and use the hips
2. Sitting on SB roll out so your low back and shoulders are on the SB
3. You should feel like you are in a squat
4. Push your hips up towards the ceiling keeping spine neutral
5. Hinge at the hip and return to starting position

Notes:
Program 1

SQUAT AND REACH

a. Addresses the flexibility of the shoulder and teaches load and balance of the hips
b. Start with the golf club on the thighs
c. Squat as low as you can maintaining balance stopping at 90
d. Raise the club as you squat to an overhead position
e. Feel where your body is try to keep the load neutral

Notes:

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Program 2

STABILITY BALL DEAD LIFE

a. Loading of hips and ROM of shoulders and strengthen low back
b. Seated on SB feet at 11 and 2 holding 8lb MB
c. Start in golf ready position lower MB to floor keeping back flat
d. Advance by reaching MB past the head in lower position
e. Sit up and raise the MB to overhead

Notes:

WALL ANGELS

a. Scapula stability and shoulder flexibility
b. Change Hip Hinge to squat against wall with back and head on the wall
c. Arms at shoulder height elbows on the wall and hands by the head
d. Slide the hands above head keeping both the hands and elbows in contact with the wall
e. Try not to let the back arch, if it does go through a smaller range of motion

Notes:
Program 2

HIP HINGE OR ATHLETIC STANCE WALK

1. Hip strength and stability
2. Ankle tube attached to both ankles
3. Set into a hip hinge athletic stance
4. Step to the right and walk across the room
5. Repeat for left side-to-side

Notes:

STABILITY BALL PLANK WITH KNEE DRIVE HIP ROTATION

1. Shoulder stability and hip ROM
2. Start in a push up position on either a SB or bench
3. Holding spine in neutral lift right knee toward the SB or bench coming from the outside ind. Knee will travel on a diagonal towards the opposite elbow and then back to the start position
4. Knee will travel outside of the arm then up towards the elbow and then back to the start position
5. Whatever is done on one side is repeated to the other

Notes:
Program 2

CLOCK LUNGE

a. Balance and coordination with hip movement
b. Picture yourself standing on a clock face we will be using 12, 3, 6, and 9
c. Lunge right foot first to 12, then to 3 and finally back to 6
d. Switch to Left and go to 6, then 9, and finish at 12
e. Repeat clockwise for one set then counterclockwise for the second set

Notes:

Yoga Sequence

SUN SALUTATIONS

Tadasana
Adho Mukha Svanasana
Uttanasana II
Urdhva Mukha Svanasana
Adho Mukha Svanasana
Uttanasana II
Urdhva Hastasana
Lunge
Adho Mukha Svanasana
Uttanasana II
Urdhva Hastasana
Tadasana

This programme was devised by Alicia Lester based on ‘Light on Yoga’ and her training at the Ramanamani Iyengar Institute in Pune, India. The figures were produced by Bill Grainger. Only perform the asanas you have been taught by a teacher and are happy doing on your own, as these lessons are only meant to be ‘aide memoires’, not instructions.