

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

Golf requires these basic skeletal or joint movements:

Shoulder movements: rotation, abduction, adduction and depression.

Arm movements: extension, flexion and rotation (elbow) and accompanying forearm rotation, flexion, extension (wrist) and grip.

Back movements: shoulder blade (Scapula) adduction and depression, extension (lower) and rotation.

Hip movements: rotation.

Leg movements: flexion and extension of knee and ankle joints.

NOTE: Golf requires repetitive twisting of your lower back. Learn proper technique and practice. Also concentrate on your Core strength (lower bac and abs)

CHEST

EXERCISE	SETS	REPS	REST TIME	LOAD
STANDING CHEST PRESS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS
EXERCISE BALL CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

BACK

SEATED BACK ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
EXERCISE BALL HYPER EXTENSIONS	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
BENT OVER LATERAL RAISES	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

LEGS

SQUATS	2 – 3	8 – 10	90 SEC	BODY WEIGHT + FITNESS BALL
LUNGES	2 – 3	8 – 10	90 SEC	BODY WEIGHT + RESISTANCE BANDS
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

SHOULDERS

SINGLE ARM LATERAL RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
UPRIGHT ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
ROTATOR CUFF SIDE PULLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ARMS

STANDING BICEP CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
TRICEP OVER HEAD EXTENSIONS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL
PLANKS	2	HOLD	90 SEC	BODY WEIGHT (HOLD POSITION FOR 60 – 90 SEC)

YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended workouts to target each muscle group and can be performed 3 times a week, in conjunction with your normal practice and play.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.
