

# ***SMC – GOLF FITNESS TRAINING***

## **- SAMPLE ON-LINE GOLF FITNESS PROGRAM-**

Dear John Doe,

Thank you for your interest in my On-line Golf Fitness Training Program. After review of your questionnaire, I have developed the following golf fitness training program to meet your goals.

Prior to the commencement of your fitness training please consult with your physician and be cleared for strenuous activity. If at anytime during the physical screen, execution of exercises, or the customized golf fitness program you feel discomfort, pain, or dizziness discontinue immediately and seek medial attention.

It is of great importance during the implementation of your golf fitness program to adhere to the exercise guidelines, perform the suggested number of repetitions, and pay strict attention to technique. If questions arise relative to exercise technique or form please contact me directly via email.

In addition, if you are planning to perform your golf fitness program in your home or at the office. I would suggest the purchase of the following pieces of exercise equipment. The equipment listed below can be purchased at most any local sporting goods store or online at [performbetter.com](http://performbetter.com)

Suggested Exercise Equipment:

- 1) Physio-Ball
- 2) Elastic Tubing (medium – heavy resistance)
- 3) Medicine Ball (4-8 lbs.)
- 4) Bio-Foam Roller

If you have questions regarding the exercises, programs, and/or guidelines within your program please contact me.

Sincerely,

Sean M. Cochran

# **SMC – GOLF FITNESS TRAINING**

## **Golf Fitness Workout: Sample Program**

**Client:** John Doe

### **Training Guidelines:**

1. 3 Times per week (Monday, Wednesday, Friday) – 40 minute program
2. 1 set per exercises
3. 10 repetitions per set
4. Perform each exercises with strict attention to technique
5. Execute only the number of repetitions you can perform with correct technique

### **Week One – Monday, Wednesday, Friday**

#### **Flexibility Exercises – 1 set per exercise x 30 second hold**

1. Bent Knee Hamstring

Starting Position: Lay flat on the floor, knees bent, and lower back pressed to the floor.

The Exercise: Grasp behind the right leg with both hands just above the knee. Pull the knee into your...

2. Cats Down

Starting Position: Place both of your hands on the floor directly under the shoulders. Position both of your knees directly under the hips, eyes looking forward and back flat.

The Exercise: Begin the exercise by rounding the lower back down towards the floor, simultaneously extending your...

3. Cats Up

Starting position: Place both of your hands on the floor directly under the shoulders. Position both of your knees directly under the hips, eyes looking down and back flat.

# SMC – GOLF FITNESS TRAINING

The Exercise: Begin by extending your lower back upward towards the ceiling. Continue to arch the...

## 4. Kneeling Hip Flexor

Starting Position: Kneel with the right knee in contact with the floor. Place your hands on your hips, and bend the left knee at 90 degrees.

The Exercise: Begin by pressing the hips forward, allowing your left knee to bend. Continue pressing forward until...

## 5. Physio-Ball Lat Stretch

Starting Position: Kneel on the floor, physio-ball directly in front of you, and hands on top of the ball.

The Exercise: Roll the ball forward by extending the arms and allowing your hips to shift backwards. Continue to extend...

## Balance Exercises – 1 set x 10 repetitions

### 1. Single Leg Hold Left/Right

Starting Position: Stand upright, hands on your hips, feet together and eyes looking forward.

The Exercise: Raise the right foot off the floor, bend the left knee slightly and balance on the...

### 2. Single Leg Rotations Left/Right

Starting Position: Place the body in a proper address position, knees slightly bent, fixed spine angle, arms crossed over your chest.

The Exercise: Raise the left foot slightly off the floor while maintaining your address position and fixed spine...

## Core Exercises – 2 sets x 10 repetitions

### 1. Prone Hold

Starting Position: Lay on your stomach with the elbows directly under the shoulders, forearms on the floor, legs extended, and feet together.

# SMC – GOLF FITNESS TRAINING

The Exercise: Elevate your body into a standard push-up position. The hips should be directly in line with...

## 2. Bent Knee Back Hold

Starting Position: Lay with your back flat on the floor, knees bent, and feet together.

The Exercise: Elevate your hips off the floor inline with your knees and...

## 3. Bent Knee Crunch

Starting Position: Lay flat on your back, knees together, and hands clasped behind your head.

The Exercise: Elevate your head and shoulders off the floor as high as possible. The lower back should remain...

## 4. Seated Russian Twist

Starting Position: Sit on the floor, knees bent, feet together, toes pointed upward, and heels pressed into the floor. Clasp your hands in front of your stomach, and lean the upper body backwards until your abdominals contract.

The Exercise: Begin rotating the core to the right as far as possible. Focus on rotating the...

## 5. Alternating Arm & Leg Extension

Starting Position: Place both of your hands on the floor directly under the shoulders. Position both of your knees directly under the hips, eyes looking down, and back flat.

The Exercise: Simultaneously extend the left arm and right leg. Extend both the arm and...

## Functional Exercises – 2 sets x 12 repetitions

### 1. Body Weight Squat

Starting Position: Clasp hands behind your head and place feet shoulder width apart. Point the toes slightly outward and keep the heels on the floor.

# SMC – GOLF FITNESS TRAINING

The Exercise: Slowly lower the hips in a controlled manner towards the floor. Bend the...

## 2. Medicine Ball Dead Lift

Starting Position: Grasp a 3-6 lb. medicine ball with both hands. Place your feet shoulder width apart, body upright, and hands resting at hip level.

The Exercise: While maintaining a flat back slowly lower the medicine ball downward the front of your...

## 3. Tubing Row

Starting Position: Stand upright, knees slightly bent, and eyes looking forward. Grasp tubing with both hands at shoulder height with both arms straight. Step 2-4 feet away from the tubing attachment to create resistance.

The Exercise: Begin the exercise by pulling both arms backwards by bending...

## 4. Tubing Side Rotations

Starting Position: Grasp handles of tubing slightly above the hips. Place feet slightly wider than shoulder width, knees bent, and torso upright. Step away from the tubing attachment 2 to 4 feet to create tension. Allow the handles to shift to the side of your body when stepping away from the tubing attachment.

The Exercise: Rotate shoulders and hips in the opposite direction of the tubing attachment, pulling the...

## 5. Tubing Press

Starting Position: Stand upright, knees slightly bent, and eyes looking forward. Grasp tubing with both hands next to the shoulders and elbows bent. Step 2-4 feet away from the tubing attachment to create some resistance.

The Exercise: Simultaneously press the hands forward, keeping the elbows elevated and...

# SMC - GOLF FITNESS TRAINING

## Golf Fitness Program: Week One—Sample

### Flexibility Exercises:

Hamstring



Cats Down



Cats Up



Figure Four Piriformis



Kneeling Hip Flexor



Physio-Ball Lat Stretch



### Balance Exercises:

Single Leg Balance



Single Leg Rotations



# SMC - GOLF FITNESS TRAINING

## Core Exercises:

Fore Arm Pinches



Prone Hold



Bent Knee Back Hold



Bent Knee Crunch



Bicycle Crunch



Alternating Arm & Leg Ext.



## Functional Exercises:

Body Weight Squat



Medicine Ball Dead Lift



# SMC - GOLF FITNESS TRAINING

## Functional Exercises Cont:

Tubing Row Start



Tubing Row Finish



Tubing Side Rotations Start



Tubing Side Rotations Finish

