SMC – GOLF FITNESS TRAINING

On-Line Golf Fitness Program: SAMPLE

Client: Jon Doe  Program One Exercise Descriptions

Training Guidelines:

1. Flexibility/ Mobility Exercises – 6 times per week
2. 1 set per flexibility/mobility exercise
3. 30 second hold and/or 5 repetitions per exercise for flexibility/mobility exercises
4. Perform each exercises with strict attention to technique
5. Focus on target muscle(s) of each flexibility/mobility exercise and do not “over-stretch” or “bounce” during the exercises
6. Dynamic, Balance, Core, Functional Strength Training Exercises – 3 times per week (Tuesday, Thursday, Saturday)
7. 1-3 sets per exercises – number of sets noted in sections
8. Utilize a resistance (i.e. weight) which you can perform the exercise with correct technique
9. Attempt to execute the number of prescribed repetitions for each exercise
10. Rest 30-45 seconds between sets of each exercise

Myofascial Release Exercises – 1 set x 5 repetitions per exercise – 6 times per week

1. Calf Foam Roll

   Starting Position: Place the foam roller on the Achilles section of your right leg. Extend the right leg….

   The Exercise: Slowly roll the foam roller up towards the knee. Press the right leg into the foam roll as you begin to move. Continue to move the foam roll….

2. Glute Foam Roll
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Starting Position: Sit directly on top of the foam roll with your right glute in contact with the foam roll, keep the right leg straight. Bend the left leg...

The Exercise: Sit your weight onto the foam roll through the right glute. Roll back and forth...

3. IT Band Foam Roll

Starting Position: Lay sideways with the right hip in contact with the foam roll. Extend the right leg straight, bend the left leg placing the...

The Exercise: Slowly roll down the side of the leg to your knee. Reverse direction and roll upward to the hip. Use the right forearm...

4. Quadriceps/Adductors Foam Roll

Starting Position: Lay flat on the floor with the right knee bent at approximately 45 degrees...

The Exercise: Slowly roll laterally moving the foam roll on the inside of the right leg towards your hip. Continue to roll...

5. Thoracic Foam Roll

Starting Position: Lay flat on your back, knees slightly closer than shoulder width, hands clasped behind your head, elbows...

The Exercise: Slowly roll the foam roll down the upper back. Continue to roll until you reach the...

Flexibility Exercises – 1 set per exercise x 30 second hold – 6 times per week

1. Bent Knee Hamstring

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

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

2. Piriformis

Starting Position: Lay on the floor, knees bent at 90 degrees...

The Exercise: Slowly place the outside of your right ankle on the thigh of the left leg. Grasp the right ankle with your left hand and...
3. **Glute**

   Starting Position: Sit on the floor with the left leg in front of your body. Bend the left knee to 90 degrees...

   The Exercise: Slowly press the upper torso forwards towards the left knee. Keep the hips...

4. **Kneeling Hip Flexor**

   Starting Position: Kneel with the right knee in contact with the floor. Place your hands...

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

5. **Physio-Ball Lat Stretch**

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

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

6. **Posterior Shoulder Stretch**

   Starting Position: Lay with the right hip in contact with the floor, legs straight, and the right upper...

   The Exercise: While keeping the shoulder capsule and right upper arm on the floor, grasp your right wrist with the left hand. Slowly press...

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**Dynamic Warm-Up Exercises - 1 set x 10 repetitions**

1. **Bent Knee Side-to-Side Leg Swings**

   Starting Position: Stand 6-10 inches away from a wall, post, or cable column with the feet shoulder width apart...

   The Exercise: Begin rotating the right leg in a swinging motion in front of the body. Keep the knee...

2. **Straight Leg Swings Forward-Back**

   Starting Position: Standing perpendicular to a wall, post, or cable column, feet closer...
The Exercise: Lift the left leg a couple inches off the floor and begin to swing the leg forward and...

3. **Straight Leg Swings Side-to-Side**

   Starting Position: Stand 6-10 inches away from a wall, post, or cable column with the feet shoulder width apart, toes pointed...

   The Exercise: Begin rotating the left leg in a swinging motion in front of the body. Keep the left...

4. **Windshield Wipers**

   Starting Position: Place yourself on the floor, back flat, knees bent at 90 degrees, hands...

   The Exercise: Slowly separate your feet keeping the knees in place and bent at 90 degrees. Create the separation of the...

5. **Kneeling Club Rotations**

   Starting Position: Position the lower body in a kneeling position with the right knee in contact with the floor. Grasp a golf club...

   The Exercise: Slowly rotate the upper body to the right while keeping the arms overhead. Rotate as far...

6. **Lunges Forward**

   Starting Position: Stand upright, feet together, arms resting...

   The Exercise: Step forward with the left foot into a lunge position. Plant the left leg on the floor, toes pointed...

7. **Lunges Side-to-Side**

   Starting Position: Stand upright, feet together, arms resting at your...

   The Exercise: Lift the leg up bending at both the hip and knee. Step to your left with the left foot. Plant the left foot on the floor...

**Balance Exercises – 1 set x 10 repetitions**

1. **Single Leg Cone Reach Left/Right**

   Starting Position: Place a towel, cone, or other object 2 to 3 feet in front of your feet. Place your feet together...
The Exercise: Begin by reaching forward with the right hand towards the object in front of you, allowing the left knee...

2. **Single Leg Address Position Rotations**

   Starting Position: Place the body in a proper address position...

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

**Core Exercises - 2 sets x 15 repetitions**

1. **Prone Hold**

   Starting Position: Lay on your stomach with the elbows...

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

2. **Bent Knee Back Hold**

   Starting Position: Lay with your back flat on the floor...

   The Exercise: Elevate your hips off the floor in-line with your knees and...

3. **Kneeling Cable Chops**

   Starting Position: Attached a bar or rope to a cable attachment and lock in the highest position of the cable column. Position yourself in a kneeling position 2-3 feet away...

   The Exercise: Begin the exercise by pulling the left hand to your left shoulder allowing the right arm to extend in front of you. Pause briefly and...

4. **Kneeling Cable Lifts**

   Starting Position: Attached a bar or rope to a cable attachment and lock in the lowest position of the cable column. Position yourself in a kneeling...

   The Exercise: Begin the exercise by pulling the right hand to your abdominal region allowing the left arm to extend in front of you. Pause briefly and then simultaneously push...

**Functional Strength Exercises - 2 sets x 10 repetitions**
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1. **Goblet Squat**

Starting Position: Grasp a dumbbell with both hands in front the chest. Rest the dumbbell in the palms of both hands…

The Exercise: Slowly lower the hips while keeping the torso upright by bending the knees. Continue to squat downward…

2. **Split Squat**

Starting Position: Place the left foot in front of the torso, knee slightly bent, and toes pointed forward. Set the right foot…

The Exercise: Set your core by contracting the abdominals, and descend the hips slowly towards the floor, bend both knees to…

3. **Barbell Dead Lift**

Starting Position: Grasp the barbell with both hands at…

The Exercise: Brace the core by contracting the abdominals. Hinge at the hip and begin to press the hips…

4. **Single Leg Suit Case Dead Lift**

Starting Position: Grasp a dumbbell or kettle bell with left…

The Exercise: Brace the core by contracting the abdominals and slowly reach down the side of the left leg to shin…

5. **Wide Grip Lat Pull Down**

Starting Position: Grasp the lat pulldown bar slightly wider…

The Exercise: Pull the shoulders downward and shoulder blades together. Once the shoulders are “set in position” begin…

6. **T-Rotation Push Up**

Starting Position: Place the body in a standard push up…

The Exercise: Perform the standard descent portion of the push up touching your chest to the floor. Begin the ascent…
7. **Kneeling Lunge Position Dumbbell Shoulder Press**

   Starting Position: Grasp a dumbbell in the right hand and position...

   The Exercise: Extend your right arm and press the dumbbell up. Continue to...

8. **Single Arm Dumbbell Row**

   Starting position: Grasp a dumbbell with the right hand and place the left hand with the arm slightly bent on top of...

   The Exercise: Pull the dumbbell upward towards your torso by bending the right elbow. Continue to pull...

**Power Exercises – 2 sets x 8 repetitions**

1. **Kneeling Medicine Ball Side Throw**

   Starting Position: Grasp a 3-8 lb. medicine ball in both hands. Kneel in...

   The Exercise: Rotate the torso explosively towards the wall, keeping the elbows slightly bent. Release the medicine ball into...

2. **Box Jump**

   Starting Position: Stand upright in front of a 6, 12, or 18-inch step up...

   The Exercise: Bend the knees slightly, extend the arms behind the...
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On-Line Golf Fitness Program: Jon Doe - SAMPLEPROGRAM

MyoFascial Release (Foam Roll) Exercises:

- Calf Foam Roll
- Glute Foam Roll
- IT Band Foam Roll
- Quads/Adductors Foam Roll
- Thoracic Foam Roll
- Glute Foam Roll

Flexibility Exercises:

- Hamstring
- Piriformis
- Kneeling Hip Flexor
- Glute
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Flexibility Exercises Continued:

Corrective & Dynamic Warm-up Exercises:

- Posterior Shoulder Capsule
- Physio-Ball Lat Stretch
- Windshield Wipers
- Forward Lunge
- Kneeling Club Rotations
- Side Lunge
Balance Exercises:

Single Leg Address Rotations

Stabilization & Core Exercises:

Prone Hold

Bent Knee Back Hold

Kneeling Cable Chops

Kneeling Cable Lifts
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**Power Exercises:**

Kneeling MB Side Throw  

Box Jump

**Functional Strength Exercises:**

Goblet Squat  

Split Squat
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Functional Strength Exercises Cont:

- Barbell Dead Lift
- Wide Grip Lat Pull Down
- SL DB Suit Case Dead Lift
- SA DB Row
- Kneeling DB Shoulder Press
- T-Rotations Push Up
Client: Jon Doe

Program One: Perform 3 times per week

Myofascial Release: 1 set x 5 repetitions

1. Calf foam roll
2. Hamstring foam roll
3. Glute foam roll
4. IT Band foam roll
5. Quadriceps foam roll
6. Thoracic Spine foam roll

Flexibility Exercises: 1 set x 30 second hold

1. Bent Knee Hamstrings
2. Piriformis
3. Glute
4. Kneeling Hip Flexor
5. Physio-Ball Lat Stretch
6. Posterior Shoulder Stretch

Corrective & Dynamic Warm-Up Exercises: 1 set x 10 repetitions

1. Windshield Wipers
2. Kneeling Club Rotations
3. Lunges Forward
4. Side Lunges

Core Exercises: 2 set x 15 repetitions and/ or 45 second hold

1. Prone Hold – 1 set x 45 seconds
2. Single Leg Bent Knee Back Hold – 1 set x 45 seconds each leg
3. Kneeling Cable Chops
4. Kneeling Cable Lifts
5. Physio-Ball Table Top

Balance Exercises: 1 set x 10 repetitions

1. Single Leg Address Position Rotations Left/Right
2. Single Leg Cone Reach

Power Exercises 2 sets x 8 repetitions

1. Kneeling Medicine Ball Side Throw
2. Box Jumps

Functional Strength Training Exercises 2 sets x 10 repetitions

1. Goblet Squat
2. Single Arm Dumbbell Row
3. Split Squat
4. Wide Grip Lat Pull Down
5. Barbell Dead Lift
6. T-Rotation Push Up
7. Single Leg Suit Case Dead Lift
## SEAN COCHRAN GOLF FITNESS TRAINING PROGRAM CARD - SAMPLE

### NAME: Jon Doe

**WEEK TWO: MONDAY-WEDNESDAY-FRIDAY**

#### Self Myo-Fascial Release

- [ ] Calf
- [ ] Hamstring
- [ ] Glute
- [ ] IT Band
- [ ] Quadriceps
- [ ] Thoracic Spine

#### Flexibility Exercises

- [ ] Standing Calf
- [ ] Hamstring
- [ ] Piriformis
- [ ] Kneeling Hip Flexor

#### Corrective & Dynamic Warm Up Exercises

- [ ] Windshield Wipers
- [ ] Club Rotations
- [ ] Forward Lunge
- [ ] Side Lunge
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