



Golf Off Season A Level 1

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*K's Body Shop Personal Fitness Training recommends that you consult your Physician **BEFORE** beginning this or any new workout program! You should seek qualified professional instruction when learning new strength training exercises to ensure proper technique and avoid injury.*

Warm Up:

See Dynamic Warm Up

Strength Training Workout:

This workout will be done as a circuit: do each exercise once in the order given; then repeat the entire sequence for the desired number of sets.

| Exercise | Reps | Sets | Tempo | Rest |
|-----------------------------------|-------|------|----------------|--------|
| Single Leg Balance Reach | 10 | 1-3 | Hold 2 seconds | 30 sec |
| Seated Row | 12-15 | 1-3 | controlled | 30 sec |
| Lunge to Balance - Sagittal Plane | 10 | 1-3 | Hold 2 seconds | 30 sec |
| Push Ups | 12-15 | 1-3 | controlled | 30 sec |
| Prone Cobra | 12-15 | 1-3 | controlled | 30 sec |
| Single Leg Slide | 12-15 | 1-3 | controlled | 30 sec |
| Bridging | 12-15 | 1-3 | controlled | 30 sec |
| Lower Body Rotation on SB | 10 | 1-3 | controlled | 30 sec |
| Opposite Arm Leg Raise | 10 | 1-3 | controlled | 30 sec |
| Reach, Roll, Lift | 10 | 1-3 | controlled | 2 min |

Cool Down:

The purpose of the cool-down is to slowly decrease the heart rate and overall metabolism, both of which have been elevated during the exercise session. This helps prevent any sudden pooling of blood in the veins and ensures adequate circulation to the muscles, heart, and brain; as well as preventing delayed muscle stiffness, soreness, and reducing any tendency toward post-exercise dizziness or fainting. The cool-down should consist of easy aerobic activity for 5-10 minutes, such as walking or easy biking. Static stretching is best done at this time (see Flexibility).

SINGLE LEG BALANCE REACH

| | | |
|---------------------------|--|---|
| <p>Preparation</p> | <p>Stand on one foot with erect posture.</p> <p>Engage abdominals to brace spine.</p> <p>Maintain neutral spine throughout exercise.</p> |  |
| <p>Movement</p> | <p>To maintain neutral spine, bend forward at hip (not at waist).</p> <p>Reach forward with hand opposite of standing leg and hold for 2 seconds.</p> <p>Return to start position.</p> <p>Remain standing on only 1 foot for entire sequence.</p> <p>Repeat for desired number of reps.</p> <p>Repeat for opposite side.</p> |  |
| <p>Variations</p> | <p>Hold dumb bell in hand, stand on unstable surface such as BOSU or mat.</p> | |

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SEATED ROW

| | | |
|---------------------------|---|--|
| <p>Preparation</p> | <p>Sit with good posture, knees slightly bent.</p> <p>Grasp handle with arms straight.</p> |  |
| <p>Movement</p> | <p>Engage abdominals to brace spine.</p> <p>Pull elbows to ribs focusing on contraction of posterior shoulder muscles rather than arms.</p> <p>Keep shoulders retracted (do not shrug).</p> <p>Slowly return to start position maintaining neutral spine throughout exercise.</p> <p>Do not arch back or bend forward from waist.</p> |  |
| <p>Variations</p> | <p>Use tubing instead of low cable, sit on stability ball, vary grip (parallel, underhand).</p> | |

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LUNGE TO BALANCE – SAGITTAL PLANE

Preparation

Begin standing with good posture, abdominals engaged, and feet shoulder width apart.

Movement

Lunge to front landing on entire foot, making sure knee tracks directly over toes.

Push back to balance position with balance leg straight and lunge leg flexed 90 degrees at the hip. Hold for a few seconds.

Repeat for desired number of reps on both legs.

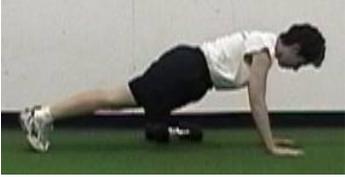


Variations

Progression: hold weight in hands, perform on half foam roll or other unstable surface.

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PUSH UP

| | | |
|---------------------------|--|---|
| <p>Preparation</p> | <p>Begin in a prone plank position as shown. Body should be in a straight line, maintaining neutral spine angles throughout exercise.</p> <p>Engage abdominals to brace spine.</p> |  |
| <p>Movement</p> | <p>Keeping body in a straight line, lower towards floor until elbows are even with shoulders.</p> <p>Push back into plank position.</p> |  |
| <p>Variations</p> | <p>If unable to maintain neutral spine angles, drop to knees instead of doing on toes.</p> | |

COBRA

| | | |
|---------------------------|--|---|
| <p>Preparation</p> | <p>Lay prone on floor with hands at your side, palms facing down.</p> |  |
| <p>Movement</p> | <p>Simultaneously lift head and hands up off floor. This should be a slow & deliberate movement.</p> <p>Keep shoulders retracted (avoid shrugging).</p> <p>Hold for a second, slowly return to start, and repeat for desired number of reps.</p> |  |
| <p>Variations</p> | <p>Lift feet off floor in addition to head and arms.</p> | |

SINGLE LEG SLIDE

| | | |
|--------------------|---|---|
| Preparation | <p>Lay on your back with knees bent and feet flat on an inflexible surface.</p> <p>Place your hands under your low back as a pressure control.</p> |  |
| Movement | <p>Draw your lower abdomen inward toward your spine.</p> <p>Perform a slight posterior tilt. The backward motion of your pelvis (posterior pelvic tilt) should place slight pressure on your hands.</p> <p>While maintaining pressure on your hands, breathe from your belly and slowly slide one leg forward. If pressure changes on your hands, return leg to starting point.</p> <p>The key is to increase the challenge by sliding the leg away from your body while maintaining pelvic/abdominal stabilization.</p> |  |
| Variations | <p>Progression: Hold extended leg out for desired period of time to increase challenge to core.</p> | |

BRIDGING

| | | |
|--------------------|---|---|
| Preparation | <p>Lay supine on floor with neutral spine.</p> <p>Draw in abdominals to brace spine.</p> |  |
| Movement | <p>Lift hips off floor maintaining neutral spine.</p> <p>Lift from hips rather than arching low back.</p> <p>Concentrate on contracting gluteals.</p> |  |
| Variations | <p>Place feet on stability ball, leg extension, active lock, passive lock.</p> | |

LOWER BODY ROTATION

Preparation

Start by laying flat on your back with feet on top of ball. Knees and hips should be 90 degrees.

Place arms out to side to help keep torso flat on floor.

Brace the spine by engaging abdominals.



Movement

Slowly rotate legs to one side keeping shoulders flat on floor. Go as far as you can control.

Rotate to other side as far as you can control.

Perform repetitions SLOWLY to enhance stabilization strength.

It is important NOT to let your back arch at any time during the movement.

Only move as far as you can control.



Variations

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OPPOSITE ARM LEG EXTENSION – QUADRUPED

Preparation

Begin in quadruped position in neutral spine, with abdomen drawn in and chin tucked.



Movement

Slowly raise one arm and the opposite leg, toe pointed away.

Keep both arm and leg straight while lifting to body height.

Think of making your body long rather than trying to lift your arm or leg high.

Hold and return both arm and leg slowly to the ground, maintaining optimal alignment and repeat alternating sides.



Variations

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REACH, ROLL, LIFT

| | | |
|---------------------------|--|--|
| <p>Preparation</p> | <p>From hands and knees, sit back on heels and place forehead on floor with palms down.</p> |  |
| <p>Movement</p> | <p>Push hand forward along floor as far as you can reach. Push from shoulder, do not pull with fingers.</p> <p>Externally rotate shoulder so that palm is facing up.</p> <p>Keeping forehead down on floor and arm externally rotated, lift arm off floor.</p> <p>Reverse and repeat for desired number of reps.</p> |  |
| <p>Variations</p> | | |

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