



Golf Pre Season B 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



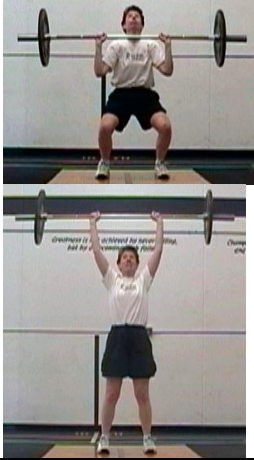
Strength Training Workout:



Do all sets for the first exercise; then all sets for the next exercise, etc. Pay attention to rest intervals!

Exercise	Reps	Sets	Tempo	Rest
Thruster	6-8	3	dynamic	3 min
One Arm Row - Standing	8-12	3	controlled	2 min
Draw the Sword	8-12	3	controlled	2 min
Ab Crunch w/ MB Toss	8-10	3	explosive	3 min
Back Extension w/ Rotation	8-10	3	controlled	2 min
Side MB Toss	6-8	3	explosive	3 min
Radial Deviation	15-20	1-3	controlled	2 min
Ulnar Deviation	15-20	1-3	controlled	2 min
Wrist Pronators	15-20	1-3	controlled	2 min
Wrist Supinators	15-20	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).

THRUSTER		
Preparation	<p>Begin with good posture, feet shoulder width apart, shoulder blades retracted and depressed. Toes should be pointing straight ahead.</p> <p>Maintain good posture throughout movement, with stability through the abdominal complex and neutral spine angles.</p> <p>Bring the dumbbells to shoulder height as shown.</p>	
Movement	<p>Keeping the dumbbells at shoulder height, squat down keeping torso erect.</p> <p>While maintaining total body alignment, simultaneously stand erect and push the dumbbells into full extension overhead.</p> <p>Return to squat position and repeat for desired number of reps.</p> <p>AVOID letting your back arch at ANYTIME (this may indicate tightness in the lats and a stretching program should precede loading of this exercise).</p> <p>Do this exercise at the fastest tempo that you can control and still have proper form.</p>	
Variations	<p>Barbell.</p>	

STANDING ROW		
Preparation	<p>Choose appropriate grip depending on type of handle – bar, rope, etc. To improve grip strength, use pinch grip.</p> <p>Activate abdominals to brace spine.</p> <p>With feet hip width apart, knees slightly bent.</p>	
Movement	<p>Perform row by pulling elbow to ribcage.</p> <p>Keep shoulders down and back (don't shrug).</p> <p>Lower weight slowly to full extension of arms.</p>	
Variations	<p>Stand on unstable surface such as balance board, airex pad, BOSU.</p> <p>Stand on single leg.</p> <p>Vary angle of cable (high, low, etc).</p>	

DRAW THE SWORD

Preparation

Stand tall with good posture and abdominals engaged.

To work right arm, stand with tubing under left foot.

Right hand should be holding handle of tubing as if you were reaching into your left pocket.



Movement

Move the right arm up and out across the body similar to drawing a sword out of its sheath.

Return to the starting position and repeat for the desired number of reps.



Variations

Kneeling.



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AB CRUNCH WITH MEDICINE BALL TOSS - SB

Preparation

From a seated position, slowly walk feet forward and roll down the ball until it is positioned comfortably at lower back.

Keep feet pointing straight ahead. Feet placed close together will be more unstable (more challenging), while feet wider apart will be more stable.

Hold medicine ball overhead.



Movement

Draw your lower abdomen inward toward your spine before initiating the movement.

While maintaining the draw-in maneuver, curl the entire spine as if squeezing an accordion. Toss the medicine ball to a partner or against a wall as you curl up.

Catch the medicine ball at the top of the crunch and lower back down to the start position.

Repeat for the desired number of reps.

Stabilize the neck and pelvis. The chin should be tucked toward the chest throughout the movement.

Avoid thrusting the body forward and also control your lowering movement.






The stability ball should not move during the exercise.

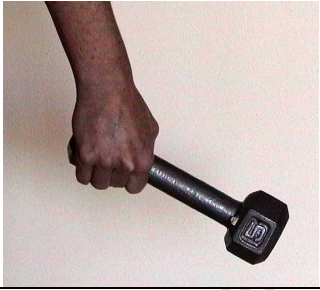





Variations

Vary speed of exercise, weight of medicine ball.

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BACK EXTENSION with ROTATION		
Preparation	<p>Adjust back extension machine so that you can bend forward at the hips with no obstruction.</p> <p>Place feet so that back of legs are against pad.</p>	
Movement	<p>With arms across your chest, slowly lower head towards floor.</p> <p>Extend back to lift torso while simultaneously twisting to one side.</p> <p>Alternate rotation to both sides.</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations	<p>Progression: place hands by ears or overhead.</p>	
SIDE TOSS MB		
Preparation	<p>Stand holding medicine ball in both hands with feet slightly further than hip width apart.</p>	
Movement	<p>Toss medicine ball sideways to a partner or concrete wall.</p> <p>Catch the rebounding medicine ball.</p> <p>Repeat for desired number of reps.</p>	
Variations		

RADIAL DEVIATION		
Preparation	<p>Stand with good posture, arm by side, holding dumb bell or rod at one end (as shown).</p> <p>Free end of dumb bell should be pointing straight in front of you.</p>	
Movement	<p>Keeping elbow straight, radially deviate wrist to lift free end of dumb bell (as shown).</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		
ULNAR DEVIATION		
Preparation	<p>Stand with good posture, arm by side, holding dumb bell or rod at one end (as shown).</p> <p>Free end of dumb bell should be pointing straight behind you.</p>	
Movement	<p>Keeping elbow straight, ulnarly deviate wrist to lift free end of dumb bell (as shown).</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		

WRIST PRONATORS

Preparation

Sit with forearm resting on the thigh and wrist in neutral position.

Grasp a light dumb bell or rod at bottom end, which is resting on knee (as shown).



Movement

Eccentrically lower weight so that forearm supinates (palm faces up). Be sure to control deceleration of weight.



Return to start position and repeat for desired number of reps.



Variations

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WRIST SUPINATORS

Preparation	<p>Sit with forearm resting on the thigh and wrist in neutral position.</p> <p>Grasp a light dumb bell or rod at bottom end, which is resting on knee (as shown).</p>	
Movement	<p>Eccentrically lower weight so that forearm pronates (palm faces down). Be sure to control deceleration of weight.</p> <p>Return to start position and repeat for desired number of reps.</p>	
Variations		

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