



## Golf Pre 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:



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
Leg Press	12-15	3	controlled	2 min
Chops - Flexion	8-12	3	controlled	2 min
Chops - Extension	8-12	3	controlled	2 min
Stiff Legged Deadlift	8-12	3	controlled	2 min
Body Row	8-12	3	controlled	2 min
Side Bend	8-12	3	controlled	2 min
Chest Press - 1 Arm Standing	8-12	3	controlled	2 min
Wrist Curl	15-20	3	controlled	2 min
Reverse Wrist Curl	15-20	3	controlled	2 min
Ab Crunch on SB	15-20	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).

## LEG PRESS

<b>Preparation</b>	<p>Position yourself on the seat so that feet are hip width apart and knees are tracking over toes.</p> <p>Knees and hips should be approximately 90 degrees.</p> <p>Maintain neutral spine throughout exercise.</p> <p>Engage abdominals to brace spine.</p>	
<b>Movement</b>	<p>Extend legs through full range of motion without locking out knees (keep slight bend in knee as shown).</p> <p>Slowly return to start position and repeat for desired number of reps.</p>	
<b>Variations</b>		

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## CHOPS - FLEXION

### Preparation

Stand tall (or kneel) with good posture and abdominals engaged.

Grasp handle with both hands, holding weight on right side of body close to the floor.

### Movement

Move arms up and out across the body over the left shoulder (as shown).

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

Repeat on opposite side.



### Variations

Single arm.



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## CHOPS - EXTENSION

### Preparation

Stand tall (or kneel) with good posture and abdominals engaged.

Grasp handle with both hands, holding weight on right side of body above shoulder height.



### Movement

Move arms down and out across the body towards the left hip (as shown).

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

Repeat on opposite side.



### Variations

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## STIFF LEGGED DEADLIFT

### Preparation

Engage abdominals to brace spine throughout exercise.

Legs should have knees slightly bent.

Maintain level hips and neutral spine throughout exercise.



### Movement

Keeping knees stiff, bend forward at the hip only as far as you can control without bending at the waist.





Keeping low back straight, return to upright position by extending hip.





All motion should occur at the hip, NOT the spine or knee.



### Variations

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BODY ROW		
<b>Preparation</b>	<p>Lie under bar so that the bar is at mid-sternum level.</p> <p>Engage abdominals to stabilize spine.</p> <p>Choose appropriate grip (under or overhand).</p>	
<b>Movement</b>	<p>Perform row and lift body towards the bar.</p> <p>The bar should meet the mid-sternum.</p> <p>Lower slowly to full extension.</p> <p>Maintain straight body alignment throughout exercise.</p>	
<b>Variations</b>	<p>Progression: lift one leg off floor, place feet on stability ball.</p>	
SIDE BEND		
<b>Preparation</b>	<p>Stand erect with good posture and spine in neutral alignment, abdominals engaged.</p> <p>Hold weight in one hand.</p>	
<b>Movement</b>	<p>Slowly lower weighted hand towards floor by bending sideways as shown.</p> <p>Return to start position.</p> <p>Repeat for desired number of reps.</p>	
<b>Variations</b>	<p>May use dumb bell or low cable.</p>	

CHEST PRESS – 1 ARM		
<b>Preparation</b>	<p>Grasp cable handle with hand palm down and elbow at chest height (as shown).</p> <p>Stand erect in a split stance with good posture and engage abdominals to brace spine.</p> <p>If pressing with right hand, stand with left foot forward (and visa versa).</p>	
<b>Movement</b>	<p>While maintaining neutral spine, press cable handle forward. Do not lock out elbow or knees.</p> <p>Return to start position.</p> <p>Repeat for desired number of reps.</p> <p>Repeat on opposite side.</p>	
<b>Variations</b>		
WRIST CURL		
<b>Preparation</b>	<p>Sit with forearms resting on the thigh.</p> <p>Grasp a light dumb bell with palms facing up.</p>	
<b>Movement</b>	<p>Flex the wrist to raise the weight through as full range of motion as possible.</p> <p>Do not move forearm; all movement should come from wrist.</p> <p>Return to start position and repeat for desired number of reps.</p>	
<b>Variations</b>		

## REVERSE WRIST CURL

### Preparation

Sit with forearms resting on the thigh.

Grasp a light dumb bell with palms facing down.



### Movement

Extend the wrist to raise the weight through as full range of motion as possible.

Do not move forearm; all movement should come from wrist.

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



### Variations

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## ABDOMINAL CRUNCH ON STABILITY BALL

### 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.

Intensity will vary depending on placement of hands: arms forward will be easiest, followed by arms across chest, hands by side of head, arms straight overhead. Do not hold and carry the head!



Hands by ears



Arms Overhead

### Movement

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

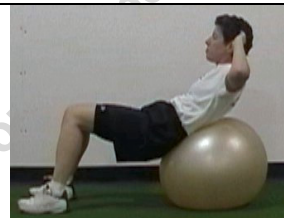
While maintaining the draw-in maneuver, curl the entire spine as if squeezing an accordion. Exhale as you curl.

While still maintaining the draw-in maneuver, lower slowly as far as you can control.

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 ball should not move during the exercise.



### Variations

Easier: Incline ab crunch - the closer the buttocks are to the floor, the less load on the abs and more load on the legs for stabilization. You can vary the degree of incline by re-positioning the body.



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