



Golf In Season 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
High Row w/ Isometric Lunge	8-12	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
Chest Press w/ Step - 1 Arm	8-12	3	controlled	2 min
Back Extension w/ Rotation	8-12	3	controlled	2 min
Side Bend	8-12	3	controlled	2 min
Russian Twist	8-12	3	controlled	2 min
Wrist Curl	15-20	3	controlled	2 min
Reverse Wrist Curl	15-20	3	controlled	2 min
Finger Extensions	20-30	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).

HIGH ROW – 1 ARM w/ ISO LUNGE

Preparation	<p>Begin in static lunge position with both knees bent approximately 90 degrees as shown.</p> <p>Grasp handle of high cable.</p> <p>Maintain neutral spinal alignment throughout exercise.</p>	
Movement	<p>Perform a row by pulling elbow of exercising arm to the rib cage.</p> <p>Return to start position.</p> <p>Maintain stable isometric lunge position throughout exercise.</p> <p>Repeat for desired number of reps.</p> <p>Repeat for other side.</p>	
Variations	<p>Alternate which arm rows with particular lead leg (ie row with left arm when left leg leads, row with right arm when left leg leads).</p>	

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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	<p>Engage abdominals to brace spine throughout exercise.</p> <p>Legs should have knees slightly bent.</p> <p>Maintain level hips and neutral spine throughout exercise.</p>	
Movement	<p>Keeping knees stiff, bend forward at the hip only as far as you can control without bending at the waist.</p> <p>Keeping low back straight, return to upright position by extending hip.</p> <p>All motion should occur at the hip, NOT the spine or knee.</p>	
Variations		
CHEST PRESS – 1 ARM w/ FORWARD STEP		
Preparation	<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>	
Movement	<p>Simultaneously step forward and press cable handle forward. Do not lock out elbow or knees.</p> <p>Step back to start position.</p> <p>Repeat for desired number of reps.</p> <p>Repeat on opposite side.</p>	
Variations		



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 BEND		
Preparation	<p>Stand erect with good posture and spine in neutral alignment, abdominals engaged.</p> <p>Hold weight in one hand.</p>	
Movement	<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>	
Variations	<p>May use dumb bell or low cable.</p>	


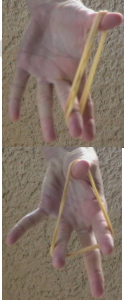
RUSSIAN TWIST		
Preparation	<p>From a tabletop position on a stability ball, hold a dumb bell or medicine ball directly in front of you at arms length.</p> <p>Keep abdominals and glutes engaged throughout exercise.</p>	
Movement	<p>Keeping weight at arms length, rotate torso to one side. The ball will roll under your shoulders and you will go up onto one shoulder.</p> <p>Rotate in opposite direction to other shoulder.</p> <p>Repeat for desired number of reps.</p> <p>Do not allow hips to sag.</p>	 
Variations	<p>Can also be done on glute-ham.</p>	
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WRIST CURL

Preparation	<p>Sit with forearms resting on the thigh.</p> <p>Grasp a light dumb bell with palms facing up.</p>	
Movement	<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>	
Variations		

REVERSE WRIST CURL

Preparation	<p>Sit with forearms resting on the thigh.</p> <p>Grasp a light dumb bell with palms facing down.</p>	
Movement	<p>Extend 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>	
Variations		

FINGER EXTENSION		
Preparation	<p>Loop rubber band around thumb and 1 or 2 fingers.</p>	
Movement	<p>Move thumb and fingers apart, opening hand.</p> <p>Repeat with different combinations until all fingers have been exercised.</p>	
Variations	<p>These variations can also be done using putty.</p>	
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