



Golf Off 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:

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
Lunge to Balance – Frontal Plane	10	1-3	Hold 2 seconds	30 sec
Lunge to Balance – Transverse Plane	12-15	1-3	Hold 2 seconds	30 sec
Lat Pulldown	12-15	1-3	controlled	30 sec
Shoulder Press	12-15	1-3	controlled	30 sec
Back Extension	12-15	1-3	controlled	30 sec
Ab Crunch on SB	20-25	1-3	controlled	30 sec
Lateral Tubing Walk	10	1-3	controlled	30 sec
Hip Adductor Roll Up	10	1-3	controlled	30 sec
Lying L Flye	12-15	1-3	controlled	30 sec

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).

LUNGE TO BALANCE – FRONTAL PLANE

Preparation

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

Movement

Lunge to the side landing on the entire foot, coming to a stabilized position, with lunging foot pointing out at a slight angle and the knee directly over 2nd & 3rd toe. Standing leg should remain straight.

From this position drive off of foot onto balance leg.

Stand directly up into a balance position with balance/standing leg straight and lunging leg flexed 90° at the hip and knee with toes up.

Hold for 3-4 seconds.

Repeat for desired number of reps.





Variations

Progression: Hold weight in hands, or perform on Airex Pad or other unstable surface.

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LUNGE TO BALANCE – TRANSVERSE PLANE		
Preparation	<p>Begin standing with good posture, abdominals engaged, and feet shoulder width apart.</p>	
Movement	<p>Pivot and lunge to side landing on entire foot, making sure knee tracks directly over toes. Your torso should be facing in direction of pivot.</p> <p>Push back to front facing balance position with balance leg straight and lunge leg flexed 90 degrees at the hip. Hold for a few seconds.</p> <p>Repeat for desired number of reps on both legs.</p>	
Variations	<p>Progression: Hold weight in hands or perform on Airex Pad or other unstable surface.</p>	

LAT PULLDOWN

Preparation	<p>Place hands on bar at a grip width that will allow the wrists to be perpendicular to the bar when the elbows are at 90 degrees.</p> <p>Lean back just enough so that the bar descends in front of you (NOTE: This will vary from machine to machine).</p>	
Movement	<p>Maintaining optimum spinal alignment, start to pull the shoulder girdle downward. While the shoulder blades continue to move downward, the arms should follow. Pull elbows towards the floor.</p> <p>The return motion must include shoulder girdle upward rotation and elevation. Motion should be stopped just before the muscles relax.</p> <p>Do not allow head to "jet" forward.</p>	
Variations	<p>Parallel grip, underhand grip, shoulder width grip.</p>	

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SHOULDER PRESS - DB

Preparation

Stand erect with feet shoulder width apart.

Engage abdominals to brace spine.

Hold dumb bells at shoulder height (as shown).

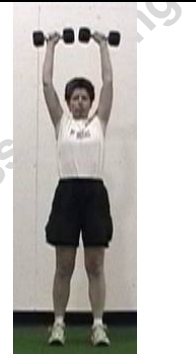


Movement

Press dumb bells straight overhead (as shown).

Be sure to maintain neutral spine – do not arch back.

Slowly return dumb bells to shoulder height and repeat for desired number of reps.



Variations

Use parallel grip, stand on 1 leg, stand on unstable surface.



Parallel grip

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BACK EXTENSION

Preparation

Adjust back extension machine so that you can bend forward at the hips with no obstruction.

Place feet so that back of legs are against pad.

With arms across your chest, slowly lower head towards floor.



Movement

Slowly return to start position and repeat for desired number of reps.



Variations

Progression: place hands by ears or overhead.



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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.



LATERAL TUBING WALK		
Preparation	<p>Place loop of rubber tubing around ankles.</p> <p>Stand with good posture keeping knees over toes. Knees should be slightly bent throughout exercise.</p> <p>Maintain erect posture and active abdominals throughout exercise.</p>	
Movement	<p>Keeping toes pointing straight ahead, take a step to one side. Make sure to land with a flat foot.</p> <p>Transfer weight to stepping foot and repeat for desired time/reps.</p> <p>Repeat in opposite direction.</p>	
Variations		
HIP ADDUCTOR ROLL UP		
Preparation	<p>Position yourself in neutral spine, with hips and shoulders stacked, and support under the neck to maintain cervical neutral. If possible, position yourself against a wall as shown to maintain optimal alignment throughout exercise.</p>	
Movement	<p>Pull toes up toward you.</p> <p>Internally rotate the leg (so toes point towards ceiling) generating all of the motion from the hip while keeping the knee completely straight.</p> <p>Keeping leg internally rotated, lift straight up off floor and hold for 1 second.</p> <p>Lower to floor and repeat.</p>	  
Variations	Add ankle weight.	

LYING L FLYE

Preparation	<p>Lie on side with head supported so that neck is in neutral alignment.</p> <p>Hold light weight in hand with arm bent 90 degrees and elbow resting on hip as shown.</p>	
Movement	<p>Keeping elbow on hip, rotate upper arm to lift hand towards ceiling.</p> <p>Slowly lower weight back to starting position.</p> <p>Repeat for desired number of reps.</p>	
Variations		

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