



## GOLF STRENGTH TRAINING

**Train at your own risk - program is informational purposes only**

Warm up For Each Day/Session:

- 10 minutes on stationary bike
- 5 minutes on cross trainer
- Dynamic stretches

### Day 1

Exercise	Reps	Sets
Barbell Bench Press*	10	2
Plyometric Press Ups	6	2
Medicine Ball Overhead Throws	6	3
Medicine Ball Slams	6	2
Chin Ups	10 (or max)	2
Multi-directional Lunges	12 (total)	2
Rotating Plyo Jumps	6	2
Band resisted backwards walks	20 seconds	3

\*If you have any shoulder issues, consider replacing the standard barbell bench press with a floor press either with a barbell, dumbbell or kettlebell.

### Day 3

Exercise	Reps	Sets
Barbell Squat	8	4
Depth Jumps	6	2
Barbell Glute Bridges	8	2
One arm Row	10 per arm	2
Cable wood chops	10 per side	2
Hanging Leg Raises	Max	2
Plank hold	1 minute	
Tib Raises	10	2
Band Assisted Lunges	10 (total)	2
Band resisted sideways walks	15 seconds each direction	3

### Day 5

Exercise	Reps	Sets
Hex Bar Squats	6	3

Pallof Press	6	3
Stability Ball Hamstring Curls	12	3
Medicine Ball Slams	12	2
Medicine Ball Oblique throws	8 a side	2
Lateral Bounds	10	2
Cable crunches	12	2
Nordic Hamstring Curls	Max	2

### **Additional Exercises**

#### **Rotator Cuff Exercises**

Rotator cuff exercises help to prevent shoulder injuries. These can be done on rest days or at the end of a session. Use a light weight and keep the technique as strict/perfect as possible

#### **Stability & Mobility Exercises**

Stability and mobility exercises are essential for avoiding back injuries. The World's Greatest Stretch is a good all round stretch to add to your daily routine.

Ideally, you will want to be doing a full yoga/stretching routine, or a shorter routine daily - including balancing exercises to build core strength.