

Golf S&C	Priorities: Prevent injury & increase golf swing power. Increase & maintain joint R.O.M especially hips, shoulders & Tx rotations.
Name:	
Program: Full Golf Warm-Up	

Injury Prevention & Mobility

Individualised Activities (Where a side is specified, to 2-to -1 on that side): Do Injury Prevention Program first if you have time

Specific Warm-Up x10 **Colour Coding**

Start with individualised mobility/stability exercises as provided to you	General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength
	Golf Specific	Power/ Elasticity	Aerobic	Stretching

Knee band & stick - 1-2 rounds

Lunge Side Bend																			
Max Time Balance Eyes Closed 1-Leg																			
Full Side Bends with stick/club																			
4-point Rotation Stretch																			
Foam Roller Squeeze Bridges																			
Hollow Rocks x 10																			
Butterfly banded bridge 5 x 555																			
Banded Stick Stretch Square Squat																			

Powerband Swing Drills and Stretches - 1 round

Back Swings (Hips, Knees and Foot)																			
Full Swings (Hips, Knees and Foot)																			
Groin Squeeze																			
Dynamic Hip Flexor Stretch																			
Banded Body Coil Towards Target																			
Band Putt																			
Open & Close the Gate																			
Extra's:																			

<u>Typical S&C Week - How it all works</u>	1	2	3	4
Program Type	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A	3x8	3x10	3x12	2x15
Program B	3x12	2x15	3x8	3x10
Injury/Reovery (SMR & Stretch)	Every 2nd Day			
Injury/Recovery (PR & SR0M)	Every 2nd Alternate Day			
Golf Warm-up	Prior to all practice & play			

Golf Injury Prevention/Recovery Program		Reducing Stiffness, Pain and Misalignment.
Name:		Do this program at night or pre-game
<i>Daily Relief Activities</i>	<i>Sets and Reps</i>	<i>Notes</i>
<u>Self Myofascial Release (Massage ball & Foam Roller) - 1 Round</u>		
Massage ball seated hip rotation	30sec each spot	
Massage ball tibialis posterior	30sec each spot	
Massage ball low back - 4 locations	30sec each spot	
Massage ball tibialis posterior	30sec each spot	
Massage ball tibialis anterior	30sec each spot	
Massage ball hip flexor	30sec each spot	
Massage ball pec minor	30sec each spot	
Massage ball upper trapezius	30sec each spot	
Massage ball to feet 4 locations	30sec static pressure each location	
Massage ball forearm	30sec each spot	
Foam roller calves	30sec each spot	
Foam roller quads, TFL, ITB	30sec each spot	
Foam mid-back	30sec each spot	
Foam roller latissimus dorsi & posterior cuff	30sec each spot	
<u>Positional Release (Powerbands) - 2 Rounds</u>		
Pband hip internal rotation mobiliser	20 each side	
Pband 4-Point hip internal rotation	3 slow cranks - hold 5 breaths	
Hip internal squeeze & wind-shield wipers	20, 20, 20	
Pband ankle mobiliser: straight, diagonals & twists	10 each position	
<u>Long Hold Stretches - 2 x 10 slow breathes each position</u>		
Rollover Stretch		
Forearm Stretch x 2		
Bar Hang Stretch x 3 positions		
Scorpion 9090 Chest Stretch		
Downward Dog 1-Leg Calf Stretch		
Wall Glute Stretch		
Wall internal rotation stretch		
Wall/Bench Quad Stretch		
Cobra Stretch		
<u>Strength Over Range of Motion (Dumbbells, Foam Roller, Knee Band & Stick) - 2 Rounds</u>		
Foam Roller Db Bridge Series	10 reps each move	
Wrist Strengthener	10 each move slow	
Jefferson Curl	5 x 5 breaths at bottom	
Standing Db 9090 external rotation series	10 reps each move	
Overhead Squat	5 x 5 breaths at bottom (progress as ready)	
Banded Arch Squats	10 reps	
Seated Rotation with Side Bends	5 each side	

Novice Golf S&C - Travel		Priorities: Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
Name:					
Program A: Upper Body & Hip Strength & Power					
<i>General Warm-Up x5 of each</i>		<i>Resistance Level For Different Reps</i>			
Roll Downs, Scorpions, Roll-Ups, Roll-Over to V-Sit, 9090 Hips		3x8 Reps	3x10 Reps	3x12 Reps	2x15 Reps
<i>Specific Warm-Up x10</i>		<i>Colour Coding</i>			
Calf Pumps		General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength
Butterfly Banded Bridge		Golf Specific	Power/ Elasticity	Aerobic/HIIT	Stretching
<u>Barbell & Weight Plate</u>					
Perfect Push Ups					
Draw-the-Sword band exercise					
<u>Cable & Plate</u>					
Band Golf Chop					
Side-Lying Clam					
Side-Lying Corkscrew					
<u>Box & Rope</u>					
Square Jumps					
Explosive Push-Ups From Floor					
<i>Recovery & Injury Prevention</i>					
<u>Specific Stretches 45sec Holds</u>					
Downward Dog 1-Leg Calf Stretch					
Wall Glute Stretch					
Roll-Over Stretch					
Extra's:					
<u>Typical S&C Week - How it all works</u>		1	2	3	4
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A		3x8	3x10	3x12	2x15
Program B		3x12	2x15	3x8	3x10
Injury/Recovery (SMR & Stretch)		Every 2nd Day			
Injury/Recovery (PR & SR0M)		Every 2nd Alternate Day			
Golf Warm-up		Prior to all practice & play			

Golf S&C 3 - Travel		Priorities: Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
Name:					
Program B: & Core Strength & Power					
General Warm-Up x5 of each		Resistance Level For Different Reps			
Roll Downs, Scorpions, Roll-Ups, Roll-Over to V-Sit, 9090 Hips		3x8 Reps	3x10 Reps	3x12 Reps	2x15 Reps
Specific Warm-Up x10		Colour Coding			
Dumbell 9090's		General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength
Kband Stomp Square Squats		Golf Specific	Power/ Elasticity	Aerobic	Stretching
Stick Stretch Squat					
Bench, Bar & Cable					
Arch Squats					
Side Jump & Twist					
Band Pull Aparts					
Rack, Floor & Medball					
Rotation Lunge					
Powerband Lateral Jumps					
V-Ups					
Recovery & Injury Prevention					
Specific Stretches 45sec Holds					
Scorpion 9090 Chest Stretch					
Bar Hang Stretch					
Wall/Bench Quad Stretch					
Extra's:					
<u>Typical S&C Week - How it all works</u>		1	2	3	4
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A		3x8	3x10	3x12	2x15
Program B		3x12	2x15	3x8	3x10
Injury/Recovery (SMR & Stretch)		Every 2nd Day			
Injury/Recovery (PR & SROM)		Every 2nd Alternate Day			
Golf Warm-up		Prior to all practice & play			

Novice Golf S&C - Gym		Priorities: Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
Name:					
Program A: Vertical & Core Strength & Power					
<i>General Warm-Up x5 of each</i>		<i>Resistance Level For Different Reps</i>			
Roll Downs, Scorpions, Roll-Ups, Roll-Over to V-Sit, 9090 Hips		3x8 Reps	3x10 Reps	3x12 Reps	2x15 Reps
<i>Specific Warm-Up x10</i>		<i>Colour Coding</i>			
Calf Pumps	General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength	
Butterfly Banded Bridge	Golf Specific	Power/ Elasticity	Aerobic/HIIT	Stretching	
<u>Barbell & Weight Plate</u>					
Perfect Push Ups					
Bentover Barbell Row					
<u>Cable & Plate</u>					
Golf Rope Chop					
Plank Plate Sides					
<u>Box & Rope</u>					
Box Jumps					
Explosive Push-Ups From Box					
100 single skips timed (fast as possible)					
<i>Recovery & Injury Prevention</i>					
<u>Specific Stretches 45sec Holds</u>					
Downward Dog 1-Leg Calf Stretch					
Wall Glute Stretch					
Roll-Over Stretch					
Extra's:					
<u>Typical S&C Week - How it all works</u>		1	2	3	4
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A		3x8	3x10	3x12	2x15
Program B		3x12	2x15	3x8	3x10
Injury/Recovery (SMR & Stretch)		Every 2nd Day			
Injury/Recovery (PR & SR0M)		Every 2nd Alternate Day			
Golf Warm-up		Prior to all practice & play			

Golf S&C 3 - Gym		Priorities: Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
Name:					
Program B: Push & Pull & Leg Strength & Power					
<i>General Warm-Up x5 of each</i>		<i>Resistance Level For Different Reps</i>			
Roll Downs, Scorpions, Roll-Ups, Roll-Over to V-Sit, 9090 Hips		3x8 Reps	3x10 Reps	3x12 Reps	2x15 Reps
<i>Specific Warm-Up x10</i>		<i>Colour Coding</i>			
Dumbell 9090's	General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength	
Kband Stomp Square Squats	Golf Specific	Power/ Elasticity	Aerobic	Stretching	
Stick Stretch Squat					
<u>Bench, Bar & Cable</u>					
1-Arm Dumbell Half Bench Press (1min Rest)					
Side Jump & Twist					
45 degree Cable Reverse Fly					
<u>Rack, Floor & Medball</u>					
Barbell Back Squat					
Active Bar Hang 30sec					
Medball Front Slam					
<u>Recovery & Injury Prevention</u>					
<u>Specific Stretches 45sec Holds</u>					
Scorpion 9090 Chest Stretch					
Bar Hang Stretch					
Wall/Bench Quad Stretch					
Extra's:					
<u>Typical S&C Week - How it all works</u>		1	2	3	4
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A		3x8	3x10	3x12	2x15
Program B		3x12	2x15	3x8	3x10
Injury/Recovery (SMR & Stretch)		Every 2nd Day			
Injury/Recovery (PR & SROM)		Every 2nd Alternate Day			
Golf Warm-up		Prior to all practice & play			