

# 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:																				

### Typical S&C Week - How it all works

	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			

<b>Golf Injury Prevention/Recovery Program</b>	Reducing Stiffness, Pain and Misalignment.	
<b>Name:</b>	Do this program at night or pre-game	
<i>Daily Relief Activities</i>	<i>Sets and Reps</i>	<i>Notes</i>
<b><u>Self Myofascial Release (Massage ball &amp; Foam Roller) - 1 Round</u></b>		
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	
<b><u>Positional Release (Powerbands) - 2 Rounds</u></b>		
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	
<b><u>Long Hold Stretches - 2 x 10 slow breathes each position</u></b>		
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		
<b><u>Strength Over Range of Motion (Dumbbells, Foam Roller, Knee Band &amp; Stick) - 2 Rounds</u></b>		
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	

<b>Novice Golf S&amp;C - Travel</b>		<b>Priorities:</b> Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
<b>Name:</b>					
<b>Program A: Upper Body &amp; Hip Strength &amp; Power</b>					
<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
<b><u>Barbell &amp; Weight Plate</u></b>					
Perfect Push Ups					
Draw-the-Sword band exercise					
<b><u>Cable &amp; Plate</u></b>					
Band Golf Chop					
Side-Lying Clam					
Side-Lying Corkscrew					
<b><u>Box &amp; Rope</u></b>					
Square Jumps					
Explosive Push-Ups From Floor					
<i>Recovery &amp; Injury Prevention</i>					
<b><u>Specific Stretches 45sec Holds</u></b>					
Downward Dog 1-Leg Calf Stretch					
Wall Glute Stretch					
Roll-Over Stretch					
Extra's:					
<b><u>Typical S&amp;C Week - How it all works</u></b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
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			
Dumbbell 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					
<b>Bench, Bar &amp; Cable</b>					
Arch Squats					
Side Jump & Twist					
Band Pull Aparts					
<b>Rack, Floor &amp; Medball</b>					
Rotation Lunge					
Powerband Lateral Jumps					
V-Ups					
<b>Recovery &amp; Injury Prevention</b>					
<b>Specific Stretches 45sec Holds</b>					
Scorpion 9090 Chest Stretch					
Bar Hang Stretch					
Wall/Bench Quad Stretch					
Extra's:					
<u>Typical S&amp;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			

<b>Golf S&amp;C 3 - Gym</b>		<b>Priorities:</b> Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.							
<b>Name:</b>									
<b>Program A: Vertical &amp; Core Strength &amp; Power</b>									
<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		4x3 (3sec Hold)	3x5 Reps	3x8 Reps	3x10 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				
<b><u>Barbell &amp; Weight Plate</u></b>									
Weight Plate Lat Pull-Over (Floor)									
Deadlift									
<b><u>Cable &amp; Plate</u></b>									
Golf Rope Chop									
Plank Plate Sides									
<b><u>Box &amp; Rope</u></b>									
Box Jumps									
Explosive Push-Ups From Floor									
20 double unders (timed as fast as possible)									
<b><u>Recovery &amp; Injury Prevention</u></b>									
<b><u>Specific Stretches 45sec Holds</u></b>									
Downward Dog 1-Leg Calf Stretch									
Wall Glute Stretch									
Roll-Over Stretch									
Extra's:									
<b><u>Typical S&amp;C Week - How it all works</u></b>		1	2	3	4				
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps				
Program A		4x3	3x5	3x8	3x10				
Program B		3x5	3x8	3x10	4x3				
Program C		3x10	3x10	3x10	3x10				
Injury/Recovery (SMR & Stretch)		Every 2nd Day							
Injury/Recovery (PR & SROM)		Every 2nd Alternate Day							
Golf Warm-up		Prior to all practice & play							

<b>Golf S&amp;C 3 - Gym</b>		<b>Priorities:</b> Increase golf swing quality & power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
<b>Name:</b>					
<b>Program B: Push &amp; Pull &amp; Leg Strength &amp; Power</b>					
<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		4x3 (3sec Hold)	3x5 Reps	3x8 Reps	3x10 Reps
<i>Specific Warm-Up x10</i>		<i>Colour Coding</i>			
Dumbbell 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					
<b><u>Bench, Bar &amp; Cable</u></b>					
Plank Plate Sides					
Flexed-Arm Hang Knee Raise					
45 degree Cable Reverse Fly (1min Rest)					
<b><u>Rack, Floor &amp; Medball</u></b>					
Front Squat					
Explosive Push-Ups From Floor (Max Set)					
Medball Front Slam (1min Rest)					
<b><u>Recovery &amp; Injury Prevention</u></b>					
<b><u>Specific Stretches 45sec Holds</u></b>					
Scorpion 9090 Chest Stretch					
Bar Hang Stretch					
Wall/Bench Quad Stretch					
Extra's:					
<b><u>Typical S&amp;C Week - How it all works</u></b>	1	2	3	4	
Program Type	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	
Program A	4x3	3x5	3x8	3x10	
Program B	3x5	3x8	3x10	4x3	
Program C	3x10	3x10	3x10	3x10	
Injury/Reovery (SMR & Stretch)	Every 2nd Day				
Injury/Recovery (PR & SROM)	Every 2nd Alternate Day				
Golf Warm-up	Prior to all practice & play				

<b>Golf S&amp;C 3 - Gym</b>		<b>Priorities:</b> Prevent injury & increase golf swing power. Increase & maintain joint R.O.M especially ankles, hips, shoulders & Tx rotations.			
Name:					
Program C: Lateral/Rotational 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		<b>3x10</b> Reps			
<i>Specific Warm-Up x10</i>		<i>Colour Coding</i>			
Calf Pumps	General Warm-up	Specific Warm-up	Compound Strength	Isolation Strength	
Side Bends	Golf Specific	Power/ Elasticity	Aerobic/HIIT	Stretching	
<b><u>Wall or Uprights</u></b>					
Side Leg Kicks to Wall 3 sec holds					
Side Wall Knee Squeeze 3 sec holds					
<b><u>Cable</u></b>					
Cable Chop 11 to 1					
Side Jump & Twist					
1-Arm Dumbell Half Bench Press (1min Rest)					
<b><u>Lateral Power</u></b>					
Powerband Lateral Jumps					
Medball Side Slams OR Lateral Toss					
30sec Stork Eyes Closed (each side)					
<b><u>Recovery &amp; Injury Prevention</u></b>					
<b><u>Specific Stretches 45sec Holds</u></b>					
Cobra Stretch					
Forearm Stretch x 2					
Wall Glute Stretch					
Extra's:					
<b><u>Typical S&amp;C Week - How it all works</u></b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Program Type		Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Program A		4x3	3x5	3x8	3x10
Program B		3x5	3x8	3x10	4x3
Program C		3x10	3x10	3x10	3x10
Injury/Reovery (SMR & Stretch)		Every 2nd Day			
Injury/Recovery (PR & SROM)		Every 2nd Alternate Day			
Golf Warm-up		Prior to all practice & play			