

SUMMER STRENGTH & CONDITIONING



The aspects of fitness in your golf game are countless. Stamina and strength are cornerstones to a consistent swing you can trust under pressure. Like a building, your swing is only as good as the foundation it is built on. When a golfer is out of shape and/or possesses minimum strength, their swing will most certainly fail at the end of a round (career low scores only occur with a strong finish), at the end of a tournament (when top places are at stake), or the season (when moving to the next stage of the UIL State Championship is at stake). Our school golf season is a marathon lasting 8-9 months. There will be wear and tear on your bodies; however, consistent/quality fitness will minimize these effects. A consistent workout schedule is critical.

- Train with zero distractions, no interruptions, and follow the workout from start to finish.
- Quality over quantity. Perform every exercise with correct technique, but complete the sets with pace.
- Exercises you find difficult should be done slowly (think slow motion) initially until you develop the muscle control; then increase pace but always maintain technique.
- The Medicine Ball Circuits require a 6-8 lb. non bouncing medicine ball.
- Use an interval timer to keep on the correct pace.
- Always warm up prior to work out with a half mile jog (2 laps at track). Always cool down after the work out with quarter mile jog (1 lap at track) and stretch (see Stretch Chart).

The goal is to work out 3 times per week, preferably at the same time in the day, opposite your golf practice time (Golf Practice 9-11 AM / Workout @ 6 PM). However, be smart about scheduling your workout around tournaments – no workout the day before or day of a tournament round.

As you lift or run or do cardio exercise, your muscles are working to help your body move. These muscles receive a heavy dose of lactic acid that breaks down the muscle. Lactic acid is what makes your muscles sore and tight after you work out. There's a simple way to limit the effect that lactic acid has on your muscles. To prevent muscle soreness, implement a consistent cool down period after working out that includes a lot of stretching. Stretching will help your muscles release some of the lactic acid, and you won't feel as sore after your workout. Don't rush through your stretches. Make sure you hold each stretch and focus in on the muscles that you worked on during your workout for maximum results.

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Best viewed with web access to connect to the instructional videos. Watch each thoroughly for correct technique!

Water consumption during the day is just as important as working out. Water is essential to the digestive process and aids in the transport of nutrients in the body. When your muscles burn, they are screaming for nutrients and oxygen, delivered by water. Water also acts as lubrication within your muscles. Consistent water consumption allows for these processes to happen. Your goal should be 1 gallon per day, at least 16 oz. during workout. Initially, you may need to use the restroom more frequently but your body will adjust.

WORK OUT	EXCERSICE	LINK	SETS	REPS	ADVANCED REPS	REST
Day 1	Plank	https://www.youtube.com/watch?v=ASdvN_XEI_c	3	45 secs	1 min	30 secs
	Single Leg Plank	https://www.youtube.com/watch?v=gfh8-Zb2krM	3	10 secs/leg	15 secs/leg	30 secs
	Rotary Stability Plank	https://www.youtube.com/watch?v=0CL10r4pk_c	3	10/Side	15/Side	30 secs
	Side Plank	https://www.youtube.com/watch?v=Vv5qoaKgLVU	3	10 secs/side	15 secs/side	30 secs
MB Circuit 1	MB Slam	https://www.youtube.com/watch?v=OAasm7EFr9U	3	10	15	30 secs
	MB Lateral Slam	https://www.youtube.com/watch?v=HU7RMd3oZPO	3	10	15	30 secs
	MB Russian Twist Against Wall	https://www.youtube.com/watch?v=vWYAT8eJMDU	3	10	15	30 secs
	MB Split Squat Jumps	https://www.youtube.com/watch?v=2i83NlyOido	3	10	15	30 secs
	MB RDL	https://www.youtube.com/watch?v=mIFeMsqrkvs	3	10	15	30 secs
	MB Squat Hold/ MB	https://www.youtube.com/watch?v=UwehokMRJ6A	3	10	15	30 secs

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WORK OUT	EXCERSICE	LINK	SETS	REPS	ADVANCED REPS	REST
Day 2	Lateral Squat	https://www.youtube.com/watch?v=JrI85K0KoJo	3	10	15	30 secs
	Wall Seat Psoas	https://www.youtube.com/watch?v=RxEb2N9eIYE	3	10/leg	15/leg	30 secs
	Split Squat	https://www.youtube.com/watch?v=D1w-a33H0Ao	3	10/leg	15/leg	30 secs
	Bowler Squat	https://www.youtube.com/watch?v=CkIAEBtBsuo	3	10/leg	15/leg	30 secs
	Glute Bridge	https://www.youtube.com/watch?v=8bbE64NuDTU	3	10	15	30 secs
MB Circuit 2	MB Overhead Throw	https://www.youtube.com/watch?v=SjWwAEPvJvU	3	10	15	30 secs
	MB Crunch	https://www.youtube.com/watch?v=1Hf_5_rmaOc	3	10	15	30 secs
	MB Bulgarian Squat	https://www.youtube.com/watch?v=XCiLu_Kja3E	3	10	15	30 secs
	MB Speed Wall Chest Pass	https://www.youtube.com/watch?v=cJxKW9ryEmU	3	10	15	30 secs
	MB Toe Touches	https://www.youtube.com/watch?v=2wYnEOwJ9I0	3	10	15	30 secs
	MB Alternate Wall Pass	https://www.youtube.com/watch?v=yks7N7tQMm8	3	10	15	30 secs

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Family vacations are a part of summer and should be enjoyed and cherished. If at all possible, please try to continue, the best you can, with the following “Hotel Workout”. Use the hotel treadmill to warm up and do as much of the workout as you can. No equipment required. Your body will thank you once you return to your normal workout schedule.

WORK OUT	EXCERSICE	LINK	SETS	REPS	REPS	REST
Hotel	Plank	https://www.youtube.com/watch?v=ASdvN_XEI_c	3	45 secs	1 min	30 secs
	Single Leg Plank	https://www.youtube.com/watch?v=gfh8-Zb2krM	3	10 secs/leg	15 secs/leg	30 secs
	Rotary Stability Plank	https://www.youtube.com/watch?v=0CL10r4pk_c	3	10/Side	15/Side	30 secs
	Side Plank	https://www.youtube.com/watch?v=Vv5goaKgLVU	3	10 secs/side	15 secs/side	30 secs
	Lateral Squat	https://www.youtube.com/watch?v=Jrl85K0KoJo	3	10	15	30 secs
	Wall Seat Psoas	https://www.youtube.com/watch?v=RxEb2N9eIYE	3	10/leg	15/leg	30 secs
	Split Squat	https://www.youtube.com/watch?v=D1w-a33H0Ao	3	10/leg	15/leg	30 secs
	Bowler Squat	https://www.youtube.com/watch?v=CkIAEBtBsuo	3	10/leg	15/leg	30 secs
	Glute Bridge	https://www.youtube.com/watch?v=8bbE64NuDTU	3	10	15	30 secs

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STRETCH PROGRAM

Increasing flexibility increases your athletic potential. Your main source of power, speed and strength is derived from your core, or your hips and lower back area. By increasing flexibility, you can increase your ability to perform. A series of muscles, ligaments, and connective tissue connect your lower back and hips directly with one another. Below are a series of stretches that will help increase your hip and lower back flexibility. Hold each stretch for 30 seconds to 2 minutes. The longer and more often you stretch the better the stretches work. Stretch daily to start your day or to conclude your cool down.

1)



2)



3)



4)



5)



6) Both sides

