

Golf Strength Workout Plan

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Golf Strength Training

Training whilst on tour can be similar to the situation we find ourselves in today; apart from your usual gym space and equipment.

Training programmes will always have two primary aims; reduce injury risk and improve performance.

By analysing the movements involved in the sport we can look at the key muscle groups which are used in these movements. We can then target those muscles and strengthen them with resistance training e



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Exercise 1

Split Squat

- Keep your chest up tall throughout the entire movement.
- Weight is distributed onto the front foot.
- Flex both knees to 90 degrees.
- Make a slight pause at the bottom.
- Drive through your front heel to return to the top position.
- Make sure your knee is in line with your toes the whole time.
- Try it first without weight to find your balance.
- Do the same number of reps on each side.

Exercise 2

Dumbbell Romanian Dead Lift

- Keep your shoulder blades pinched back throughout the entire movement.
- Begin with a slight bend in your knees.
- Push your hips back and bow over as far as you can, whilst maintaining a straight back.
- Do not bend your knees any more than at the starting position; this movement is all about the hips.
- Keep the dumbbells attached to your body throughout the entire movement.
- Once you feel a big stretch down the back of your legs, squeeze your glutes and bring yourself back to the starting position.
- Try it without weight first to find your range.

Try to do 3 – 5 sets of 8 – 12 reps, twice a week, of each exercise.

Exercise 3

Single Arm Dumbbell Press

- Lying flat on the bench and begin with the dumbbell raised above you with a straight arm. You can place your other hand in the centre of your chest to help with balance.
- Slowly lower the dumbbell to chest level by flexing your elbow. Do not let your elbow flare out, try to keep it tucked in towards your torso instead.
- Pause at this bottom position for a second.
- Extend your elbow and press the dumbbell back to the starting position.
- Always keep your wrist and elbow stacked on top of each other.

Exercise 4

Chest Supported Row

- Lying with your chest high up on the bench, start with your arms straight.
- Squeeze your shoulder blades together as you bring your elbows up high to torso level.
- Hold this top position for a second and keep squeezing your shoulder blades together.
- Relax and slowly straighten your arms back to the starting position.
- Ensure you maintain a neutral head position the entire time.

Again, try to do 3 – 5 sets of 8 – 12 reps, twice a week, of each exercise, and only increase the weight you are using once you can perform all reps with good form.

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