











Strength and Conditioning for the Golfer

Golf is a physical game. Most, if not all swing faults have physical explanations. Whether it be to prevent injury, increase your drive distance, or perform more consistently over the full 18 holes, physical training can help your body and help your game. This series is specifically designed for the golfer.

Exercise	Start Position	End Position	Swing Benefits	Form
Modified Good Mornings			Hamstring flexibility, trunk flexibility, shoulder turn	Bend at hips, keeping the back flat. Turn to each direction, pausing briefly at the top.
Lunge with twist			Power and force transfer	Back stays flat. Turn torso each way under control. Can perform without extra weight if desired.
Single leg Single arm row			Power, stability, balance	Remember that the arm opposite to the stance leg performs the row. Can use balance assist to start.
Band swing exercise			Trains downswing, backswing or follow-through	Attach band at waist or above door height. Train only one portion of the swing at a time.
Wrist exercise			Controls club position throughout swing	Start with a short iron or choke up on the club. Use longer irons as strength improves.

Perform these exercises at a frequency of 2 - 3 times per week. To maintain muscle balance, perform all exercises in both directions. Exercise intensity varies from 1 - 3 sets of 12 repetitions for each. Keep control of movements - nothing should hurt during this series. Stick with it for 6-8 weeks and watch your game improve.