

Swing MD– Golf Fitness Training

Training Guidelines:

1. Flexibility/ Mobility Exercises – 6 times per week
2. 1 set per flexibility/mobility exercise
3. 30 second hold and/or 5 repetitions per exercise for flexibility/mobility exercises
4. Perform each exercises with strict attention to technique
5. Focus on target muscle(s) of each flexibility/mobility exercise and do not “over-stretch” or “bounce” during the exercises
6. Dynamic and Balance Training– 4 times per week. 1 set of 10 reps.
7. A knotted muscle will not lengthen by stretching, use foam roll to get knot out first.

Myofascial Release Exercises – 1 set x 5 reps per exercise – 6 times per week

1. Calf Foam Roll

Starting Position: Place the foam roller on the Achilles section of your right leg. Extend the right leg straight, bend the left leg with the left foot flat on the floor, and hands next to your hips.

The Exercise: Slowly roll the foam roller up towards the knee. Press the right leg into the foam roll as you begin to move. Continue to move the foam roll over the entire calf and stop just below the back of the knee. Reverse the movement, and roll back towards the starting position of the exercise. Move up and down the calf of the right leg 3-5 times. Repeat the exercise with the left leg.

2. Hamstring Foam Roll

Starting Position: Place the foam roller under the knee of your left leg. Extend the left leg straight, bend the right leg with the right foot flat on the floor, and hands next to hips.

The Exercise: Slowly roll the foam roller up towards the glutes. Press the left leg into the foam roll as you begin to move. Continue to move the foam roll over the entire hamstring and stop just below the insertion point of the glute. Reverse the movement, and roll back towards the starting position of the exercise. Move up and down the hamstring of the left leg 3-5 times. Repeat the exercise with the right leg.

3. Glute Foam Roll

Starting Position: Sit directly on top of the foam roll with your right glute in contact with the foam roll, keep the right leg straight. Bend the left leg setting the left foot firmly on the floor. Set your right hand on the floor and left hand on your hip.

The Exercise: Sit your weight onto the foam roll through the right glute. Roll back and forth on the foam roll 3-5 times keeping the glute in contact with the foam roll. Again, sit on any “hot spots” for 5-10 seconds. Repeat the exercise with the left glute.

4. IT Band Foam Roll

Starting Position: Lay sideways with the right hip in contact with the foam roll. Extend the right leg straight, bend the left leg placing the left foot in front of the right knee. Place the right forearm on the floor with the elbow directly under your shoulder. Set the left hand on the floor in front of your chest.

The Exercise: Slowly roll down the side of the leg to your knee. Reverse direction and roll upward to the hip. Use the right forearm, left foot, and hand as the "driver" of the exercise. Roll back and forth on the IT Band 3-5 times. Pause on any tissue areas where discomfort is felt. Repeat the exercise on the left leg.

5. Quadriceps Foam Roll

Starting Position: Lay flat on the floor with the left knee bent at approximately 45 degrees. Place the foam roll parallel to your body on the front of the right leg just above the knee. Extend the right straight and place both hands on the floor above shoulder height.

The Exercise: Slowly roll moving the foam roll up the front of the right leg towards your hip. Continue to roll until the foam roll is resting on the hip, return to the starting position of the exercise and repeat 3-5 times. Perform the exercise sequence with the left leg.

6. Lat Foam Roll

Starting Position: Lay on the right side of your body with the right arm extended straight. Place the foam roll directly under the shoulder joint of the right arm.

The Exercise: Slowly roll down the side of the body from the shoulder to the rib cage. Reverse the exercise movement back towards the shoulder joint and repeat 3-5 times. Repeat on the left side of your body.

Flexibility Exercises – 1 set per exercise x 30 second hold – 6 times per week

1. Standing Calf

Starting Position: Place your hands on your hips, elbows bent, and body leaning forward. Extend your right leg backwards until straight, point right heel forward, and bend the left leg.

The Exercise: Press your body weight forward by bending the left leg, keeping your right heel on the floor, and right leg straight. Continue to press forward until tension is felt in your right calf. Hold this position for 30 seconds and repeat with your left calf.

2. Bent Knee Hamstring

Starting Position: Lay flat on the floor, knees bent, and lower back pressed to the floor.

The Exercise: Grasp behind the right leg with both hands just above the knee. Pull the knee into your chest. Straighten the right leg to a position where a stretch is felt in the right hamstring. Hold this position for 30 seconds repeat the exercise sequence with your left leg.

3. Piriformis

Starting Position: Lay on the floor, knees bent at 90 degrees, feet flat on floor. **The Exercise:** Slowly place the outside of your right ankle on the thigh of the left leg. Grasp the right ankle with your left hand and place the right hand on the inside of the right knee. Elevate the left leg to a position where the lower leg is parallel to the floor and the knee is bent at 90 degrees. If an additional stretch is required, simultaneously pull with the left hand and press with the right hand until a stretch is felt. Hold the stretch for 30 seconds and repeat with opposite leg.

4. Glute

Starting Position: Sit on the floor with the left leg in front of your body. Bend the left knee to 90 degrees while keeping the hips facing forward. Place the hands on the floor slightly in front of the hips.

The Exercise: Slowly press the upper torso forwards towards the left knee. Keep the hips facing forward. Continue to press the torso forward until a stretch is felt in the left glute. Hold this position for 30 seconds and repeat with the right leg.

5. Kneeling Hip Flexor

Starting Position: Kneel with the right knee in contact with the floor. Place your hands on your hips, and bend the left knee at 90 degrees.

The Exercise: Begin by pressing the hips forward, allowing your left knee to bend. Continue pressing forward until a stretch is felt in the right hip. Once a stretch is felt in the right hip, extend the right arm overhead, and bend the torso to the right. Hold the stretch for 30 seconds and repeat with the opposite leg.

6. Physio-Ball Lat Stretch

Starting Position: Kneel on the floor, physio-ball directly in front of you, and hands on top of the ball. (Use a stool or couch if you do not have a physio ball)

The Exercise: Roll the ball forward by extending the arms and allowing your hips to shift backwards. Continue to extend the arms forward and your hips backwards until a stretch is felt in the upper back, lats, or shoulders. Hold this position for 30 seconds.

Dynamic Warm-Up Exercises – 1 set x 10 repetitions - 4 times per week

1. Bent Knee Side-to-Side Leg Swings

Starting Position: Stand 6-10 inches away from a wall with feet shoulder width apart, toes pointed directly at the wall, legs straight, hips facing the wall, and hands planted firmly on the wall at shoulder height. Lift the right leg off the floor, placing the knee in-line with the right hip. **The Exercise:** Begin rotating right leg in a swinging motion in front of the body. Keep the knee elevated at hip height and swing the leg left and right as far as possible while keeping the left heel firmly planted on the floor. Perform 10 swings of each leg.

2. Straight Leg Swings Side-to-Side

Starting Position: Stand 6-10 inches away from a wall with feet shoulder width apart, toes pointed directly at the wall, legs straight, hips facing the wall, and hands planted firmly on the wall at shoulder height. Lift the left leg off the floor, and extend the left leg straight.

The Exercise: Begin rotating the left leg in a swinging motion in front of the body. Keep the left leg straight and swing the leg left and right as far as possible while keeping the right heel firmly planted on the floor. Perform 10-15 swings of the right leg and switch to the right.

3. Straight Leg Swings Forward-Back

Starting Position: Standing perpendicular to a wall, feet closer than shoulder width, torso upright, and left hand on the wall.

The Exercise: Lift the left leg a couple inches off the floor and begin to swing the leg forward and back, creating a pendulum motion. Swing the left leg forward and back as far as possible keeping the right heel on the floor and torso upright. Perform 10 repetitions and repeat with the right leg.

4. Windshield Wipers

Starting Position: Place yourself on the floor, back flat, knees bent at 90 degrees, hands between both knees, feet together, and head resting on the floor.

The Exercise: Slowly separate your feet keeping the knees in place and bent at 90 degrees. Create the separation of the feet through rotation at the hip joint. Separate the feet as far as possible apart while keeping the knees and hands in contact with one another. Return to the starting position and repeat for the 10-15 repetitions.

5. Kneeling Club Rotations

Starting Position: Position the lower body in a kneeling position with the right knee in contact with the floor. Grasp a golf club or dowel rod with both hands and extend the arms straight overhead. Position the torso upright with the eyes looking forward.

The Exercise: Slowly rotate the upper body to the right while keeping the arms overhead. Rotate as far as possible to the right while keeping torso upright and arms overhead. Pause slightly at the end point of the rotation and repeat to the left. Alternate rotating left and right for 10 repetitions. Repeat the exercise sequence with the left knee in contact with the floor.

6. Spiders

Starting Position: Place yourself in a standard push-up position, back flat, hands shoulder width apart, and eyes looking down.

The Exercise: Begin by lifting your left foot and placing it outside the left hand. Slowly attempt to press your left forearm down towards the floor, keeping your left hand in place. Lower your forearm as low to the floor as possible, and hold for one second. Return to the starting position of the exercise and repeat with your right hand and foot. Perform 10-15 repetitions.

7. Bent Knee Tennis Ball Lifts

Starting Position: Lie with your back flat on the floor, knees bent, and feet together. Place a tennis ball on the front side of the left hip and pull the left knee in towards your chest. Continue to pull the left knee towards your chest until the tennis ball is secured in the hip.

The Exercise: Slowly elevate the hips off the floor by pressing through the right foot. During the elevation of the hips keep the left knee pressed towards your chest and the tennis ball in place. Continue to elevate the hips upward to a position in-line with your shoulders and right knee. Return to the starting position of the exercise, keeping the tennis ball in position and repeat for 10-15 repetitions. Repeat the exercise with the tennis ball positioned in the front of the right hip. **Easier version- keep both feet flat on ground and raise hips up off ground using glutes squeezing to lift butt/hips off ground.**

8. Single Leg Extensions

Starting Position: Stand upright, balance on the left leg, eyes looking forward, and arms straight.

The Exercise: Simultaneously extend both arms forward and the right leg backward. Hinge at the hip and allow the torso to bend forward. Continue to hinge at the hip and allow the torso to bend forward until both arms are straight and the right leg is straight. Pause for one second, return to the starting position and repeat for 10 repetitions. Repeat the exercise balancing on the right leg. **Easier version— Place a hand on wall to help you balance.**

Balance Exercises - 1 set x 10 repetitions - 4 times per week

1. Single Leg Toe Touch Left/Right

Start Position: Stand upright with your feet together and hands on your hips. Raise the left arm overhead and lift the left foot a couple inches off the floor.

The Exercise: Reach with your left hand down towards the right foot. Hinge at the hip to create the movement. Continue to reach downward to a point slightly in front of your right foot. Keep your left foot off the floor throughout the entire exercise. At the bottom position of the toe touch pause for one second and return to an upright position continuing to balance on your right foot. Perform 10 repetitions and repeat balancing on the opposite foot.

2. Single Leg Cone Reach Left/Right

Starting Position: Place a towel, cone, or other object 2 to 3 feet in front of your feet. Place your feet together, hands on hips, and torso upright. Lift the left foot off the floor and balance on your right leg. Attempt to keep the left foot off the floor throughout the entire exercise.

The Exercise: Begin by reaching forward with the left hand towards the object in front of you, allowing the right knee to bend. Continue reaching until your hand is a couple inches above the object on the floor. Pause for one second at this point and return to an upright position maintaining your balance on the right leg. Perform 10 repetitions of the exercise and repeat on your opposite leg.