

Suggested strength Golf Training Sessions using Dyna-Band® exercises taken from the Get Fit for Golf Instructional DVD

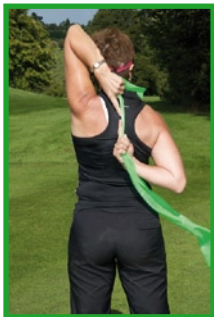
Aim to complete 5 - 8 reps, building up to 2 sets.
For shorter sessions split list in half

1. Dynamic Stretch Routine

(Pre-game or pre Dyna-Band® strengthening exercises)

Golfers need good flexibility in order to rotate and hit the ball to the target. Lack of flexibility can result in a distorted swing plane & injury.

These dynamic warm up exercises can help achieve an improved swing with optimum range



1. SPINE STRETCH
2. NECK ROLL
3. SIDE BENDS
4. ROTATIONAL STRETCH
5. CALF & HAMSTRING
6. ROTATOR CUFF
7. CHEST STRETCH
8. STAR STRETCH
9. STAR GOLF SWING

2. Strength Training: routine 1

1. SINGLE ARM EXTENSION
2. EXTERNAL ROTATION & WRIST ROLL
3. INTERNAL ROTATION & WRIST ROLL

If you are right handed then you perform these exercises as described in the DVD. If you play left handed you perform exercise 4a with your left arm and 4b with your right arm- standing with your left side to the door/anchor in exercises 4a, 4b and 5

- 4a POWER DRIVE WITH RIGHT ARM
- 4b POWER DRIVE WITH LEFT ARM
- 5 POWER DRIVE WITH BOTH ARMS

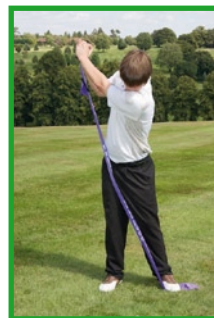


3. Strength Training: routine 2

1. 180° ROTATION ROTATOR CUFF
2. UPRIGHT ROW
3. POWER TURN
4. FULL POWER SWING
5. POWER PRACTICE SWING

(left foot & left wrist)

- a) Repeat power practice swing with band secured to right wrist & under left foot
- b) Repeat power practice swing with band secured to right wrist & right foot



4. Post Golf Stretch Routine

Breathe out as you go deeper into the stretch; try to spend at least 15-30 seconds stretching in each position.

1. ROTATOR CUFF & CHEST STRETCH
2. SIDE AND LATERAL HIP STRETCH
3. HAMSTRING LATS STRETCH
4. BACK ROLL DOWN
5. SHOULDER & NECK STRETCH

