

Golf Specific Strengthening and Stretching

Exercises

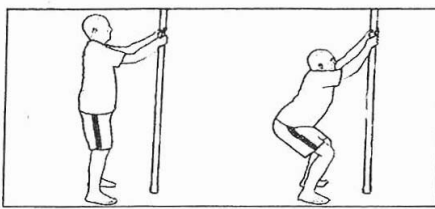
Jennifer Gatz, M.A., Exercise Physiologist

The exercises attached are intended to help improve your strength and flexibility of the muscles used most during the sport of golf. Done regularly, these specific exercises will not only improve your overall general fitness but they can significantly enhance your golf game as well. The stronger and more flexible you are throughout your swing, the straighter and farther your ball will fly!

For each of the strength exercises listed, start out with 2 sets of 10 repetitions and increase to 2 sets of 15 repetitions. When this becomes easier, change the band to a higher resistance and/or move your hands closer together and go back to 2 sets of 10 repetitions. For the calisthenics exercises shown, progress to 3 sets of 15 repetitions. When you resistance train, control your speed of movement: 3 counts out and 3 counts back in. Control your breathing: exhale on the effort portion of the exercise. Most importantly, maintain proper form at all times. When standing, feet are shoulder width apart and knees are slightly bent. Upper body posture is spine straight, chin up. Maintain good posture when doing any seated exercise as well and pull your stomach muscles in to keep a straight spine.

Stretching is believed to help to prevent injury to tendons, ligaments and muscles by improving muscular elasticity and reducing the stretch reflex in greater ranges of motion that might cause injury to tissue. In addition, stretching can reduce delayed onset muscle soreness (DOMS). Stretching is best done after a short warm up to increase blood flow to the muscles or even better... at the end of an exercise session. Not only will the muscles be warm from the physical exertion, the flexibility gains tend to be increased and it allows the body more time to cool down and return to a resting level. All stretches should be done *statically*. Bouncing can actually cause a stretch reflex which increases the risk of injury. To review the rules:

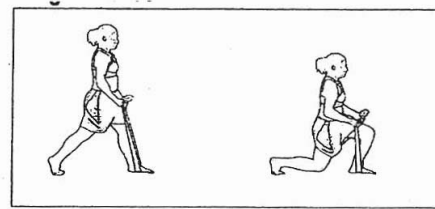
1. Do not overstretch. You should feel a good comfortable stretch in the targeted muscle group but you should not feel pain.
2. No bouncing. Go to the farthest point that you can without pain and hold the stretch for 15-30 seconds.
3. While stretching, make sure you breathe at all times. Do not hold your breath. A good thing to do is to inhale deeply, then exhale and fold forward or back for the desired stretch. Continue to breathe deeply and try to stretch a little further with each exhale.



Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions:

1. Stand with feet hip-width apart and grab a sturdy support with both hands.
2. Slowly squat down and lean back keeping arms extended forward.
3. When you feel a stretch in your upper back, hold for 30 seconds.

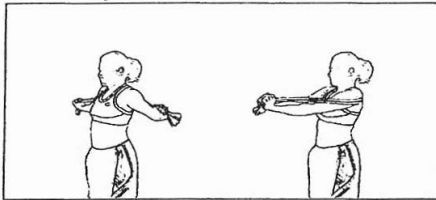


Key Points:
Keep your front foot forward enough such that your front knee does not move further forward than your front foot.
Lunges are an advanced exercise and proper form is essential. Seek professional advice for instruction on proper technique.

Instructions:

1. Stand on the middle of the flexible band with your left foot about 12 inches in front of you.
2. Grab the ends of the flexible band with each hand. Extend your arms straight down at your side.
3. Step back with your right foot about 12 inches.
4. With your upper body remaining straight, slowly lower yourself until your left thigh is parallel to the floor. The heel of your right foot will raise, but your foot should not move.
5. Slowly raise yourself to the starting position.
6. Repeat with the other leg.

Reverse Flies - bands

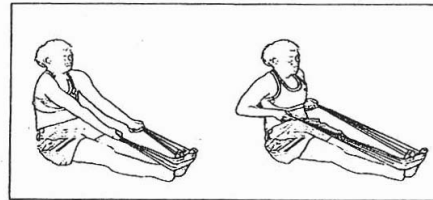


Key Points:
Keep your arms straight.
Move your arms forward and backward in a slow, controlled manner.

Instructions:

1. Stand upright, feet slightly wider than shoulder-width.
2. Hold a flexible band end in each hand, arms extended out in a cross position, the flexible band stretched behind your back.
3. Keeping your arms straight, pull your arms forward in front of you, letting the flexible band go across your back and shoulders.
4. Slowly return to the starting position.

Seated Rows - bands

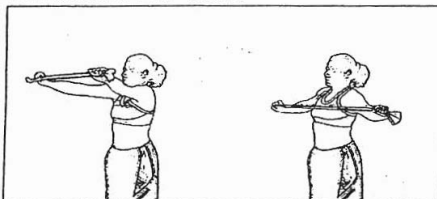


Key Points:
Do not lean backwards when pulling your hands to your chest.
Your body should remain in an upright position.

Instructions:

1. Sit upright on the floor with your legs together extended in front of you.
2. Place the middle of the flexible band around your feet.
3. Grab one end of the flexible band with each hand with your arms extended.
4. Pull your hands toward your lower chest, bending your arms and keeping your back upright at the same time, elbows pointing behind you.
5. Slowly return to the starting position.

Arm Outward Pull - bands

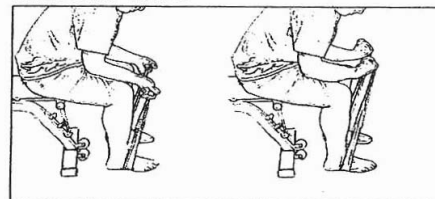


Key Points:
Do not jerk the band.
Make slow, controlled movements

Instructions:

1. Stand upright, feet slightly wider than shoulder-width.
2. Hold a flexible band end in each hand, arms extended in front of you parallel to the floor.
3. Keeping your arms straight and parallel to the floor, pull your arms back to a cross position.
4. Slowly return to the starting position.

Wrist Curls - bands

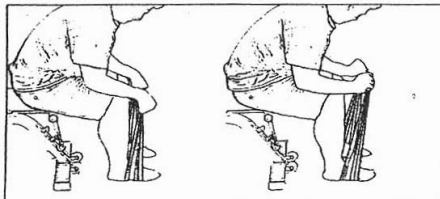


Key Points:
Do not allow your forearm to rise up off your thigh.
Your forearm should be stationary at all times.
Raise and lower in a slow, controlled manner.

Instructions:

1. Sit at the end of a chair or bench with your feet on the floor slightly wider than hip-width apart.
2. Step on the middle of a flexible band with both feet, holding an end in each hand, palms up.
3. Rest your forearms on your thighs, hands slightly over your knees.
4. Curl your wrists up as far as possible while keeping your forearms stationary.
5. Hold momentarily.
6. Slowly return to the starting position.

Reverse Wrist Curls - bands

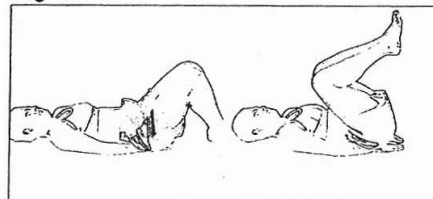


Key Points:
Do not allow your forearm to rise up off your thigh.
Your forearm should be stationary at all times.
Raise and lower in a slow, controlled manner.

Instructions:

1. Sit on a chair or bench with your feet flat on the floor slightly wider than hip-width apart.
2. Step on the middle of a flexible band with both feet, and hold an end with each hand, palms downward, hands slightly over your knees.
3. Rest your forearms on your thighs.
4. Curl your wrists up as far as possible while keeping your forearms stationary.
5. Hold momentarily.
6. Slowly return to the starting position.

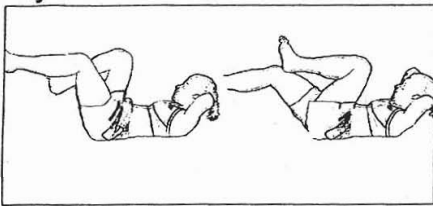
Leg Pull-In



Key Points:
Keep your back straight.
Move your legs in and out in a slow, controlled motion.

Instructions:

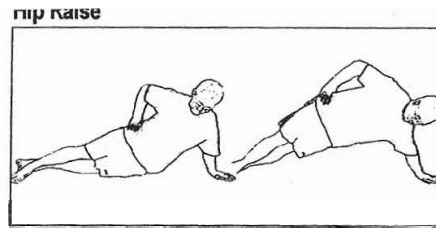
1. Lie on your back on the floor, legs extended, hands under buttocks, palms down.
2. Bend knees, and pull your legs towards your chest.
3. Slowly return to the starting position.



Key Points:
Keep your back against the floor.
Make smooth motions as when pedaling.

Instructions: Beginner

1. Lie on your back on the floor, hands behind your head.
2. Bring your legs up, knees bent.
3. Bring your left knee towards your chest, then your right knee as you extend your leg to almost straight.
4. This looks like pedaling a bicycle.

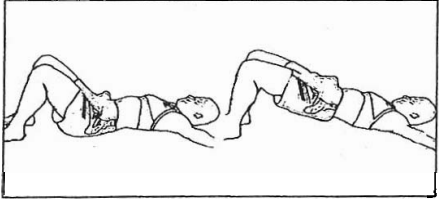


Key Points:
Do not jack-knife, or bend at the waist.
This exercise takes some balance to be able to perform properly.
There is stress placed on your supporting arm - do not do this exercise if this support is too hard.
Move slowly in control - don't bang your hips on the floor.

Instructions: 10 Intermediate

1. Lie on your left side on the floor. Cross your upper (right) leg in front of your lower leg, toe on the floor for support.
2. Support your upper body with your left arm, palm on the floor, hips on the floor, and upper body at an angle.
3. Place your right hand on your hip.
4. Without bending at the waist, raise your hips upward supporting yourself with your arm and feet.
5. Slowly lower your hips to the floor.
6. Repeat with your right side.

Pelvic Lifts

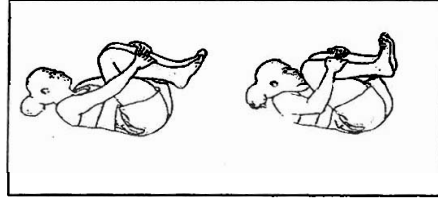


Key Points:
Do not arch your back. Raise only until your back is straight.
Return to the starting position in a slow, controlled manner.

Instructions: 11 Intermediate

1. Lie on the floor on your back, knees bent and feet slightly apart.
2. Extend your arms over your head, palms upward.
3. Slowly lift your pelvis up toward the ceiling. Raise yourself until your back is straight and squeeze your buttocks together.
4. Slowly lower yourself to the starting position.

Knees to Chest Stretch

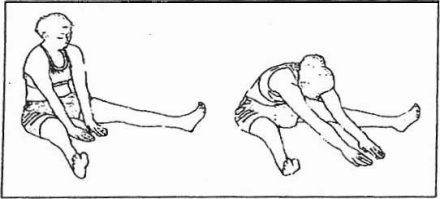


Key Points:
Try not to arch your spine, keep your back straight.
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.

Instructions: 12 Beginner

1. Lie on your back on the floor with knees bent, feet flat on the floor.
2. Pull your knees up and grab them with your hands.
3. While keeping your back straight and flat on the floor, pull your knees toward your chest stretching your lower back.
4. Hold for 15 seconds and relax.

Seated Hamstring Stretch

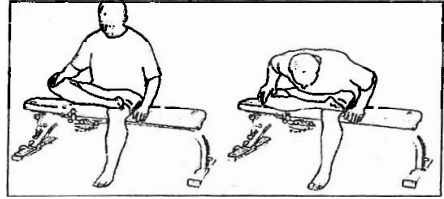


Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions: 13 Beginner

1. Sit upright on the floor with legs straight and spread apart slightly.
2. Extend your arms in front of you and slowly lean forward reaching as far as possible.
3. When you feel a stretch in the backs of your legs, hold for 30 seconds.

Seated Hip Rotation Stretch

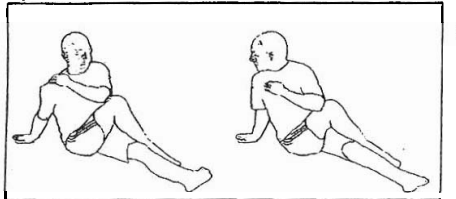


Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions: 14 Beginner

1. Sit on a chair or bench feet flat on the floor.
2. Cross your right leg over your left with your right ankle resting on your left knee.
3. Keep back straight and slowly lean forward as you apply downward pressure on your right knee.
4. When a comfortable stretch is felt, hold for 15 seconds.
5. Repeat with other leg.

Spinal Twist Stretch

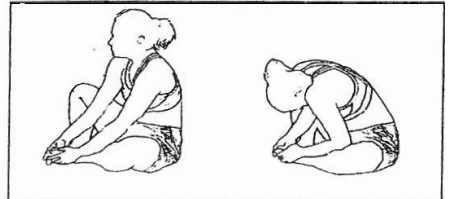


Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.
Keep your body straight.

Instructions: 15 Beginner

1. Sit upright on the floor with your legs extended in front of you.
2. Place your right leg over your left leg, with your right foot on the floor outside the left knee.
3. Place your left elbow on the outside of your right knee, and extend your right arm behind you with your palm on the floor for support.
4. Slowly twist your upper body to the right while looking over your right shoulder using light pressure from your left elbow.
5. When you feel a stretch in your hips and lower back, hold for 30 seconds.
6. Repeat with the other side.

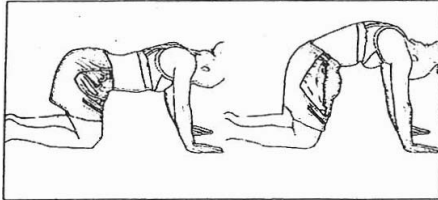
Groin Back Stretch



Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions: 16 Beginner

1. Sit upright on the floor with the bottoms of your feet together and knees pointed outward.
2. With your hands over your feet, gently pull your heels toward your groin.
3. Bend forward with your forehead toward your toes, pulling with your arms until you feel a stretch.
4. Hold for 15 seconds and relax.

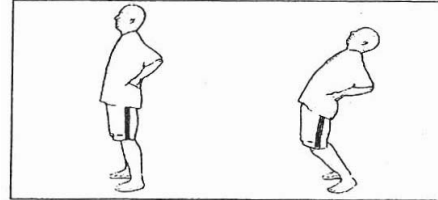


17 Beginner

Instructions:

1. Get down on your hands and knees.
2. Let your abdomen and back slowly droop downward, stretching. Hold this position for 10 seconds.
3. Next, slowly arch your back upward as far as possible and hold for 10 seconds.

Key Points:
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.



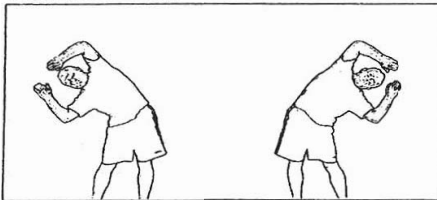
18 Beginner

Instructions:

1. Stand upright with your feet shoulder-width apart.
2. Place your hands on your hips, thumbs forward.
3. Arch your back while pushing your hips forward until you feel a comfortable stretch.
4. Hold for 10 seconds.

Key Points:
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.

Trunk Side Stretch



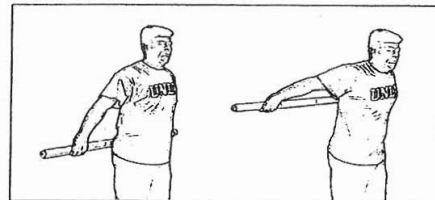
19 Beginner

Instructions:

1. Stand upright with your feet slightly wider than shoulder-width, arms up over your head.
2. Slowly lean to one side and hold for 10 seconds.
3. Slowly lean to the other side and hold for 10 seconds.

Key Points:
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.

Chest Stretch



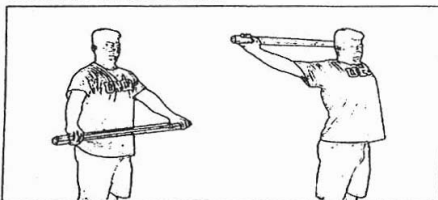
20 Beginner

Instructions:

1. Stand, feet hip-width, holding a broom handle behind back, palms upward.
2. Keeping chest up, slowly raise arms behind body until a stretch is felt.
3. Hold for 30 seconds.

Key Points:
 Do not lean forward. Keep chest up.
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.

Shoulder-Chest Stretch



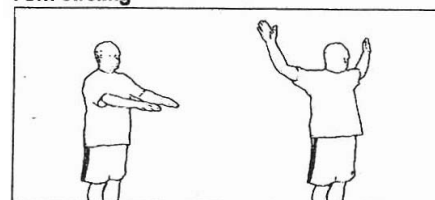
21 Beginner

Instructions:

1. Stand upright feet shoulder-width apart.
2. Hold a broomstick in front of your stomach, palms backward, with a wide grip.
3. Keeping your arms straight, raise the broomstick in front of you and over your head.
4. Keep moving your arms back until you feel a comfortable stretch in your shoulders.
5. Hold for 15 seconds.

Key Points:
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.

Arm Circling



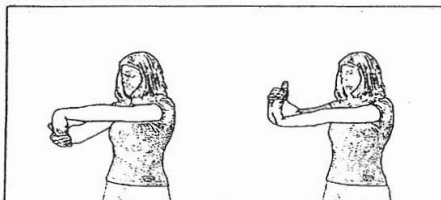
22 Beginner

Instructions:

1. Stand upright, feet shoulder-width apart, arms by your sides.
2. Keep both arms straight and slowly rotate them at the shoulders.
3. Start by moving both arms forward and over your head in big circles.
4. Each circle should take about a second. Do not move too quickly.
5. After circling in one direction, repeat in the other direction.

Key Points:
 Do not move arms too quickly.
 Be sure to do both directions.

Assisted Wrist Stretch



23 Beginner

Instructions:

1. Stand or sit upright and extend your arms in front of you parallel to the floor.
2. Flex your left wrist so that your fingers are pointing downward.
3. With your right hand, slightly push the left wrist down at the knuckles until you feel the stretch.
4. Hold for 10 seconds.
5. Extend your left wrist so that your fingers are pointing upward.
6. With your right hand, slightly pull the left wrist up at the fingers until you feel the stretch.
7. Hold for 10 seconds.
8. Repeat with the other wrist.

Key Points:
 Do not bounce or jerk into the stretch; make slow steady movements.
 A mild pulling sensation is normal. Stop if there is any pain.
 Avoid locking joints when stretching.