

GOLF WORKOUT EXERCISE PROGRAM

Jeffrey Manzene – GOLF PROFESSIONAL

Getting Started

Great - you've decided to try bodybuilding. Perhaps you want to build mass, tighten up your midsection or slim down; those are all possible with strength training. Whatever your reason (and you should definitely write down your goals for starting and your realistic expectations of what you hope to achieve in the short and long term) you should follow a clearly defined program.

Don't expect us to provide you with any so-called success; let's state for the record right now that some training methods are smarter and better than others, but nothing resembles a secret. Our role here is to teach and guide you through your first three months so that you can take your training to the next level and design a personal routine that meets your needs.

1. **Get a physician's release** if you are over 40 or have had any sort of previous injury or impairment.
2. **Be realistic but positive.** Assess your current condition and where you want to be in three months, one year and five years. Keep focused on your goals and know you'll achieve them.
3. **Commit yourself to three months** before making any judgments about whether it's working or not. The truth is, you're probably a bit impatient, and sculpting your physique takes time. Changes take place incrementally, but three months is long enough to notice some significant changes in strength and size. Persistence and dedication are characteristics that all successful bodybuilders have in common. Do you?

Designing Your Exercise Program

Before getting into your program, you need to develop an understanding of how and why you're building your exercise routine. Although we've gone ahead and designed a program for you, just about everything in it can be changed depending on your particular circumstances. Your primary objective here is to build a solid foundation - and not just any training program will take you there in an efficient manner. Study the following points to better understand your bodybuilding program.

Body part Training

Bodybuilders group exercises by body part and train one muscle group at a time. Working one area with 1-3 exercises ensures that you train it thoroughly. Experience says that this type of training is the most efficient for bodybuilding. (Circuit training, on the other hand, allows you to do movements for different body parts back to back with no rest in between).

Every major muscle group should be developed to prevent muscle imbalance and the risk of injury. The major muscle groups include legs (quadriceps, hamstrings, calves, glutes), chest, shoulders, back (Trapezius, lats, erectors), abdominal and arms (biceps, triceps).

Exercises

You can choose from any number of movements that target a particular muscle group, but beginners should stick with the basics to develop a solid foundation. The first exercise you do for a given body part should be a compound movement. (A compound or multi-joint movement, unlike an isolation exercise, has movement at two or more joints and thus brings in a greater number of assisting muscle groups. Note: Some body parts like biceps, triceps and calves can be worked with pre-dominatingly isolation exercises.)

Some basic movements can be done in a number of ways; for example, you can do a bench press with a barbell, with dumbbells or on a machine. Eventually, you'll learn how to do them all and use them in your training arsenal.

Two similar exercises can target a muscle differently. For example, the bench press is a good exercise for most of the chest, but the incline press (essentially a bench press done on an incline bench) works the upper pectorals more effectively. When you put exercises together to form a routine, you'll want to include those movements that hit the same muscle in different ways. That's why you normally include 2-3 exercises when you work each body part.

Weights

During the first couple of training sessions, you'll want to go pretty light just to get a feel for how to do the movement correctly. After you feel comfortable with the form, begin adding weight. Even an experienced lifter should always do his first set as a warm-up with practically no weight to flush out target muscle and connective tissue with blood. On the second set, add a couple of small plates and do the exercise again.

Was it still easy? If so, and assuming you used good form, add more weight. If you struggled to reach 12 repetitions, add just a little bit of weight. (Adding weight on successive sets is called pyramid training and is one of the safest ways to train.)

Continue adding weight until it becomes tough to complete 8-12 reps. Your goal is to train in the range where you reach muscular failure at 8-12 reps. Once you find a challenging weight, stick with it. Eventually you will become stronger and be able to increase the number of reps. Once you can do 12, it's time to increase your training poundage by about 10%. At this heavier weight, you won't be able to do 12 reps, but in time, you'll again be able to. Keep working in this fashion.

The principle behind this type of training is known as overload. It states that for improvements to occur, you must impose a demand on your muscles greater than what they're accustomed to (for bodybuilding purposes, about two-thirds of your maximal strength). Your muscles compensate for this strain on the cellular level by adding protein to grow thicker and stronger. At that point, the same load is no longer sufficient to induce further changes more load must be added. That is, you must progressively add training stimulus to make continued improvements.

Keep track of your training poundage by recording your weights, sets and reps in a training log alongside a list of your exercises.

Some bodybuilders swing and heave, cheating for the sake of pushing heavier weights. Remember, the name of the game here is not weightlifting, but rather bodybuilding.

Sets & Reps

A set is a combination of any number of reps of a single exercise. As a beginner, you'll normally want to do 1-2 light warm up sets of each movement (especially the first movement for a given body part) before doing 1-3 heavier sets. That equals 2-4 total sets per exercise.

A rep is a single execution of one exercise. If you do a set of 10 bicep curls consecutively, that's 10 reps. During your first week or two, keep the weights very light so that you can complete about 15 reps in good form. This is a change for you to practice good form while you work on your neuromuscular coordination and learn the proper 'feel' for the movement. Developing that feel will become even more critical later on because it will tell you if an exercise is working.

After that initial break-in period, to build size and strength you want to do 8-12 reps per set (after your warm-up set of 15 reps, which you should do at the start of each exercise). Use a weight that allows you to do the recommended number of reps and still reach muscle failure.

Muscle failure means that you cannot do any more reps with good form. If you can't do eight strict reps, the weight's too heavy. If you can do more than 12, the weight's too light. Adjust the weight for your next set. (Note: The numbers eight and twelve are not arbitrarily derived. Exercise scientists have conducted numerous tests and have found that working with a weight about 70% of your one-rep maximum produces the fastest results. Most bodybuilders can lift about 70% of their one-repetition maximum 8-12 times).

Though you don't have to train to muscle failure or exhaustion to grow, you need to come pretty close. Bodybuilders call this intensity. How do you know if you're close to working at 100% intensity? Simple: If you can do another rep with good form, do it! If you can do still another, do it. After you build your base, you may want to experiment with a program that alternates periods of high reps (which build muscle endurance) to medium reps (builds muscle mass) with low reps (builds strength and power) and back up again. This is called cycling. The idea here is to progress to a higher level of strength each cycle. This type of training is recommended for the off season training times only!

Remember that for golf we should be focusing on exercises that strengthen the muscles but not necessarily building bulk which often decreases the flexibility of the muscles. Long and lean is better than tight muscles.

Proper Form & Speed of Movement

We'll say this again and again, but it's far better to use a weight that allows you to perform the movement correctly than to cheat with a heavy weight that will, sooner or later, result in an injury.

Use a smooth, controlled motion during all phases of the lift. This deliberate rep speed produces the greatest results for bodybuilding purposes. Super-fast reps with ballistic movements and jerking can be harmful to muscles and connective tissues, while slow training accomplishes very little. In general, most bodybuilders use a formula that approximates a two-second positive contraction (raising the weight), a momentary squeeze of the muscle at the point of peak contraction, and a two-second negative contraction (lowering of the weight).

Breathing & Rest between Sets

Most people don't think much about breathing until they begin lifting weights, but it should still come naturally. Start each set with a deep inhalation and exhale as you push through the most difficult part of the lift. Inhale at the top (or the easiest portion of the lift) and exhale as you push.

In general, rest as long as it takes for you to feel recovered from your previous set. That normally ranges from 45-90 seconds. Larger muscle groups take a bit longer to recover; smaller muscle groups clear low pH levels are ready to go more quickly. Don't fall into the all too common mistake of talking with your buddies for 3-4 minutes between sets, during which time your muscle can become cold. This is counterproductive and lengthens the time you spend in the gym. If you want to emphasize strength, take a little longer rest between sets. On the other hand, less rest means you won't be able to lift as heavy, but you'll be stressing your endurance. Of note: How much you can lift on a given set and the number of reps you do are directly related to the length of your rest period.

****Remember to always use a full range of motion!***

Use a full range of motion in your exercise movements. You want to work each target muscle through its natural range of motion for complete development and to prevent injury.

Training Frequency

Say you train your entire body on Monday. Should you do it again on Tuesday, or wait until Wednesday? The answer is that your body requires a minimum of 48 hours to fully recover after exercise, sometimes even longer. Physiological processes at the cellular level require rest and nutrients before you can train that same muscle group again. A good rule of thumb: If you're even slightly sore, you're not ready to train that body part again.

If you're an advanced bodybuilder and split up your workout into, for example, one day for upper body and another for lower body, you can train on consecutive days as long as you don't repeat the same workout. As a beginner, you don't want to go more than 96 hours (four days) without training the same muscle group again. Timing too infrequently results in sub maximal gains. The answer for the beginner, then, is to train every 2-3 days (or three times a week). A Monday - Wednesday - Friday (or similar) schedule is ideal.










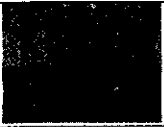

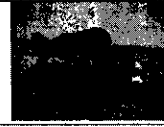
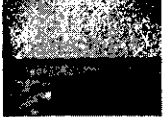





Training Duration

If you follow the exercises, sets, reps and rest prescription, you should complete your resistance training in about an hour. Never mind those two hour plus sessions; who could possibly maintain the high level of intensity and mental fortitude of a marathon training session? What matters is the quality of your workout measured by the intensity you create, not the length of time you spend in the gym. Remember that.

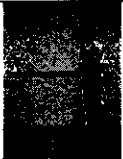



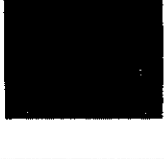
"Everyday you miss practicing; it will take you one day longer to be good"

- Ben Hogan

The following strength exercises should aid your golf game:


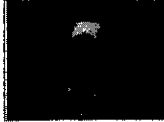
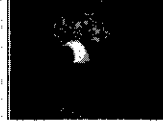
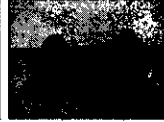



LEGS		ABDOMINALS		UPPER BODY	
WALL SQUAT TO DEVELOP STRENGTH IN THE LEGS HOLD FOR 30 SECONDS +		LYING SIDE BENDS AIM FOR 15 BENDS EACH SIDE REPEATED TWICE		WEIGHTED SWING 12 SWINGS EACH ARM UNDER CONTROL	
HAMSTRING CURLS 2 X 15 CURLS EACH LEG		SEATED BAR TWIST SLOW TURNS 15 EACH SIDE		LYING DELTS RAISE LIGHT WEIGHT 3 X 10 EACH ARM	
CALF RAISES 2 X 15 LIFTS AIM TO USE ONLY ONE LEG THEN REPEAT TO OTHER SIDE		PARTNER BALL TWIST 15 TURNS EACH SIDE. YOU CAN WORK ON YOUR OWN		TRICEP DIPS AIM FOR 2 X 12 DIPS WITH 15 SECONDS REST BETWEEN EACH SETS	
ABDUCTOR SLOWLY LIFT AND LOWER LEG 2 X 15		HIP ROLLS SMOOTH MOVEMENTS 8 EACH SIDE		PRESS-UPS AIM FOR 12 + REPEATED TWICE	
ADDUCTOR SLOWLY LIFT AND LOWER LEG 2 X 15		DORSAL RAISE 2 X 10 SLOW LIFTS		SHOULDER PRESS 2 X 12 REPS	
LUNGE ONTO BOX 3 X 10 EACH LEG		NORMAL SIT UP 2 x 12 RAISES SLOWLY		REVERSE FLYS 2 X 10 REPS	

Aim to do the following circuit at least once a week, ideally the day after you play golf. You can either do all the leg exercises then move onto the abs and legs, or you can work across, 1 leg, 1 ab then 1 arm exercise.

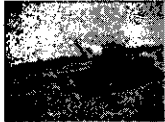
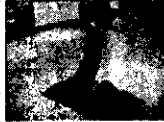


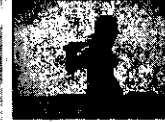


Aim to do the following WRIST exercises 3 times a week.				
				
Perform 2 sets of each exercise with suitable weight 12 / 15 times.				

ABDOMINAL EXERCISES FOR GOLF







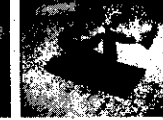
ABDOMINAL EXERCISES FOR BEGINNERS:

HANDS TO KNEES (1)	HIP ROLL (2)	LYING SIDE BENDS (3)	HANDS THROUGH KNEES (4)	NORMAL SIT UP (5)	BALL TWIST (6)	BRIDGING (7)
						
READ THE NOTES FOR EACH ABDOMINAL EXERCISE, AND RECORD THE AMOUNT YOU DO FOR EACH EXERCISE, + YOUR TOTAL AMOUNT.						





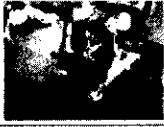


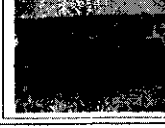


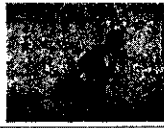
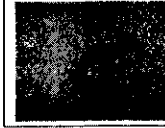
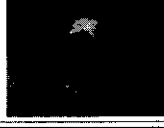
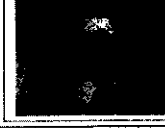
ABDOMINALS EXERCISES FOR INTERMEDIATES:





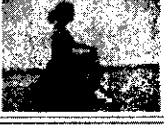

KNEES TO CHEST (1)	REVERSE CURL (2)	CRUNCH (3)	KNEE TO SIDE (4)	SEATED TWIST (5)	HAND TO KNEE (6)	STATIC ABS (7)
						
READ THE NOTES FOR EACH ABDOMINAL EXERCISE, AND RECORD THE AMOUNT YOU DO FOR EACH EXERCISE, + YOUR TOTAL AMOUNT.						

ABOMINALS EXERCISES FOR ADVANCED:

ASSISTED WEIGHT 1	LEG WEIGHT 2	1 LEG V-SITS 3	BOXING 4	MEDICINE BALL 5	COMPLETE ABS 6	NASTY 7
						
READ THE NOTES FOR EACH ABDOMINAL EXERCISE, AND RECORD THE AMOUNT YOU DO FOR EACH EXERCISE, + YOUR TOTAL AMOUNT.						

GOLF WEIGHT TRAINING PROGRAM

EXERCISE & CATEGORY		SESSIONS 1-5	SESSIONS 6-10	SESSIONS 11 +	
		Incline bench press, <u>Chest.</u>	1 set 10 -12 reps	2 sets 8 -10 reps	2 -3 sets 10 -12 reps
Keep your back firmly into the bench, smoothly pushing the weight up, keeping it incline with your chest. Avoid hitting your chest when you bring the weight down.					
		Upright row <u>Shoulder's</u>	1 set 8 - 10 reps	1 set 12 - 15 reps	2 sets 10 -12 reps
Hold the bar in the centre, and lift taking elbows up and out to your sides, no higher than your shoulders. Take care not to hit your chin when lifting the weight.					
		Leg extension <u>Quads</u>	2 sets 8-10 reps	2 sets 8 - 10 reps	2 sets 10 -12 reps
Make sure the machine is comfortable, adjusting any levels to enable you to lift the weight smoothly and under control. Avoid any jerking rapid movements.					
		Hands to knees, <u>Abs.</u>	1 set 12 -20 reps slow	2 set 12 - 15 reps	2 sets 15 + reps
Aim to work slowly, sliding your hands along your thighs no higher than your knees. If your neck hurts, support it with 1 arm, whilst taking the other up your leg.					
		<u>Bicep curls normal</u>	1 set 8-12 reps	2 sets 8 -10 reps	2 sets 10 -12 reps
Concentrate on keeping the elbows tucked into your sides, keeping your back straight and shoulders back, lift and lower the weight slowly in a controlled motion.					
		<u>Tricep kick backs</u>	1 set 10-12 reps each arm	2 set 8 - 10 reps	2 sets 10 -12 reps
Work the arm in a smooth controlled action. Aim to take the weight behind you, by straightening the arm. Begin with a light weight to obtain correct technique.					
		Hip rolls <u>Abdominals</u>	1 set 6 turns each way slow	1 sets 8 turns each way slow	1 set 10 turns each way slow
Aim to keep your knees and ankles together, and simply roll from one side to the other in a slow controlled motion.					

		Lying Hamstring's	1 set 8-10 reps lightweight	1 set 10 -12 reps	2 sets 8 - 10 reps
Control the movement on this exercise, starting with a light weight to prevent any injury. Position the footpads to be placed at ankle height.					
		Lateral pull down Back	1 set 10 - 12 reps light	2 sets 8 - 10 reps	2 set 10 -12 reps
Always perform this exercise as a beginner by taking the bar down in front of you. Take the bar down no further than shoulder height in a controlled motion.					
		Seated Calf Raises	1 set 8-12 reps slow	2 sets 10 -12 reps	2 sets 12 + reps
Hold some weights on your knees, whilst slowly lifting your heels off the floor. Aim to keep your heels raised for a few seconds before lowering under control.					

Exercise Routine

Please check the pictures below the exercise program for proper exercise technique before beginning to exercise.

Day 1	Exercise	Week 1-2	Week 3-4
Warm up	Bike or Treadmill	5-10 min.	5-10 min.
	Rear Delt Raise	2x8*	2x10*
	Internal Rotation	2x8*	2x10*

Warming up is essential. In addition to cardiovascular activity that helps increase core temperature, rotator cuff exercises aim is to improve strength and prepare these muscles for activity.

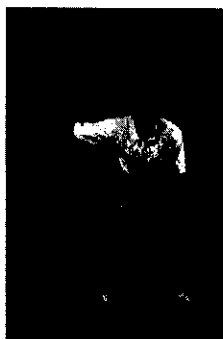
Day 1	Exercise	Week 1-2	Week 3-4
Strength	Bench Press	2x8*	2x10*
	Abdominal Crunch	2x15*	2x20*
	Squat	2x8*	2x10*
	Back Extension	2x8*	2x10*

Strength training activities will help you generate force and increase club head speed. Furthermore, stronger muscles are less likely to suffer injury and premature fatigue.

Day 1	Exercise	Week 1-2	Week 3-4
Cardiovascular	Treadmill	20 min. 60-70% HR Max	30 min. 60-70% HR Max

Weight management, endurance and delay of fatigue can be improved by incorporating cardiovascular activity into your routine.

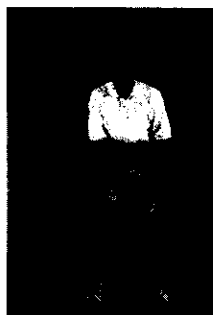
* 2x8, 2x10, 2x15 indicate 2 sets of 8, 10 and 15 repetitions.



Rear Delt Raise Tubing

If you are using exercise tubing please use the following guidelines.

1. Assume a stance with your left foot on top of the exercise tubing.
2. Flex at the hips until your upper body is nearly parallel to the floor. Keep your knees bent to eliminate excessive low back pressure.
3. Grasp the handle of the tubing with your right hand, keeping your thumb facing outward.
4. Initiate the movement by raising your arm directly to your side until it is parallel with your upper body.
5. Lower your arm to the starting position and repeat.
6. Perform this exercise with the left arm, by standing on the tubing with your right foot and following the procedures outlined above with your left arm.



Internal Rotation Tubing

The Internal Rotation exercise is easily accomplished using exercise tubing.

1. Attach the exercise tubing to a stationary object so that when stretched it is parallel to the floor.
2. Grab the handle of the tubing with your right hand, keeping your elbow bent at 90 degrees and 1 to 2 inches from your body. The tubing should extend outward, away from your body.
3. Initiate the movement by pulling the cord across your body until your hand reaches your trunk. Keep your elbow 1 to 2 inches from your body throughout the movement. Return to the starting position and repeat.
4. Turn around and face the opposite direction, to complete the exercise on the left side.

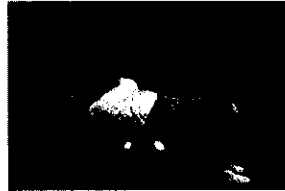
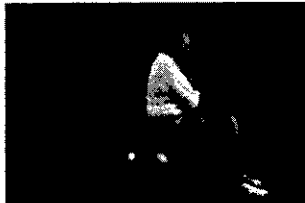


Rear Deltoid Raise

If you are using a Personal Gym use the following guidelines.

1. Lower pressing-station arm into the bottom position and attach the soft crossover handle to swivel low-pulley.
2. Stand on the platform and grasp the handle with palm facing down.
3. Keep back straight, bend forward 90 degrees at the hip, and keep arm slightly bent.
4. Exhale while moving arm away from midline. Lead with the elbow and lift arm to shoulder height.
5. Repeat exercise with the other arm.

1. Slide the adjustable bench into the pressing station and align the handles at mid chest.
2. Adjust the pressing arm to the desired range of motion. The upper arm should not be below parallel with the floor when the pressing arm is in position.
3. Pinch shoulder blades down and back to stabilize the spine and maximize effectiveness.
4. Inhale as you lower the weight and exhale as you push upward.



Physio Ball Crunches

If you have never used one before, you might want to try a Physio ball for this next exercise. They are inexpensive and very versatile.

1. Sit on the ball so that your knees are at 90 degrees and your back is straight.
2. Lower your body in a controlled manner so that your vertebrae make contact with the ball progressively and your spine is about parallel to the ground.
3. Lift your body in a controlled manner off the ball and return to the starting position.



Squat

This exercise is performed on a weight machine but can be adapted using other strength techniques and/or equipment.

1. Attach the squat bar attachment to the pressing arm.
2. Step onto the platform and position feet shoulder width or slightly wider and forward of the pressing arm. (Knees should track over the big toe)
3. Keeping the back straight, squat under the attachment and place the pad evenly on shoulders.
4. Adjust pressing-arm height so that weight stack rests when knees are bent 90 degrees.
5. Stand tall, keeping the chest high. Lift with your hips and legs-not your back. Exhale as you lift. Slowly lower to the bottom position.
6. Do not hyperextend (lock) knees at the top.



Back Extensions on the Physio ball

Try your Physio ball again for the following exercise;

1. Lay on the ball so that your navel is directly over the center of the ball and your body is relaxed.
2. Place your hands behind your back and initiate the movement by lifting your upper body off the ball until it is parallel to the ground. Keep your head in line with the rest of your body.
3. Return to the starting position and repeat.

VERY IMPORTANT!

Finish off your workout with cardiovascular exercise.
Weight management, endurance and delay of fatigue can be improved
by incorporating cardiovascular activity into your routine.