



Fit to Play...Live to Play!

Golf

CONDITIONING PROGRAM

**Cardio Conditioning
Strength Training
Flexibility
Balance
Core**

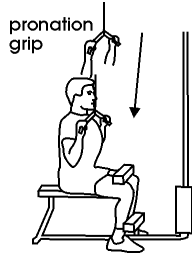


Fernie, BC

Strength Training

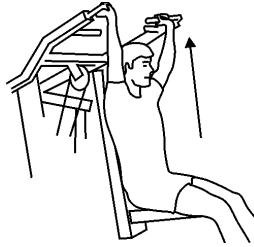
- ✓ For each exercise perform 3 sets of 12 repetitions (reps), 3 times/week
- ✓ Rest 30 seconds to 1 minute between reps
- ✓ Weight should be significantly heavy that the reps are challenging to complete
- ✓ Start program a minimum of 8 weeks prior to season
- ✓ Slow, controlled motion (3 seconds in, 3 seconds out)
- ✓ No pain on any exercise!

Lat Pulldown



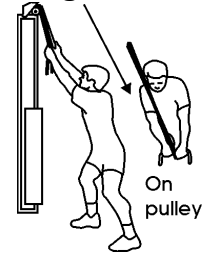
Lat Pulldown Machine

Seated Shoulder Press



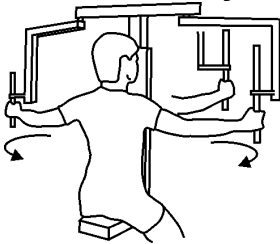
Shoulder Press Machine or Dumbbell

High Twist



High Pulley

Rear Delt Fly



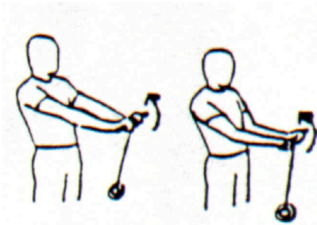
Pec/Fly Machine or Dumbbells

Tricep Pressdown



Tricep Pressdown Machine

Wrist Curls



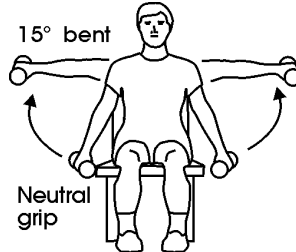
Wrist Curl Bar

Rotational Twists



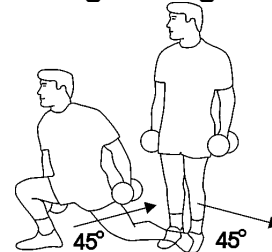
Barbell

Lateral Raise



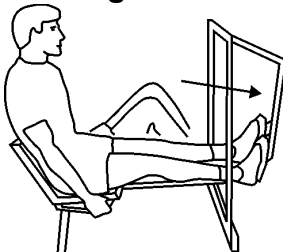
Dumbbell

Angle Lunges



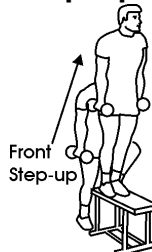
Dumbbell or Free

Leg Press



Leg Press Machine

Step-Ups



Dumbbells or Barbell

Glute Kick Backs



Hip Machine or Low Pulley

Cardio Conditioning

18 holes of golf can mean over 4 hours of walking and can easily cover over 10 km! Keeping your cardiovascular and muscular endurance strong will mean better play on the back nine and a more vigorous and enjoyable round overall!

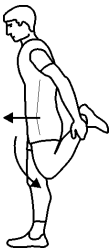
- ✓ **Minimum:** Perform cardio at least 3X per week for 20 minutes on any piece of cardio equipment that you enjoy (change it up frequently to stay entertained)
- ✓ Maintain a **Heart Rate** of at least 65% maximum, maximum HR = $220 - \text{age}$ (example – 32 years old: Max HR = $220 - 32 = 188$, 65% = 122)
- ✓ **Interval training** will help prepare for the demands of hockey: Try a 1:5 work to rest ratio training (example – sprint for 30 seconds, jog for 2 _ minutes)
- ✓ Try a SPIN class, *X-Train SPIN* is designed specifically for recreational athlete conditioning

Flexibility

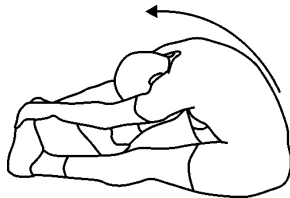
A stretching program will assist in a good range of motion in your joints and enable your body to handle the repetitive, explosive golf swing.

- ✓ Key areas of overuse and strain: Wrists, forearms, core rotators and lower back
- ✓ Any YOGA class will dramatically improve flexibility, *Yoga Golf* is designed specifically for the demands and common injuries associated with recreational golfers.

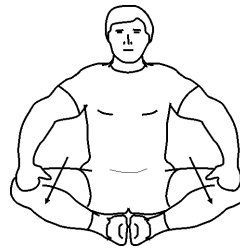
Quadriceps



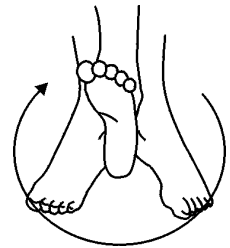
Hamstrings



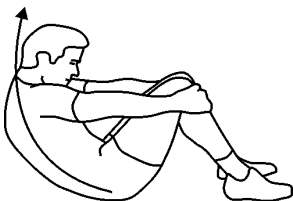
Hips & Adductors



Feet & Ankles



Back



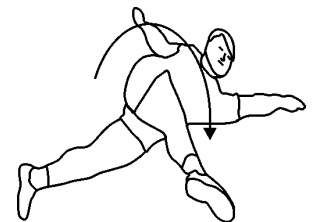
Hips & Lower Torso



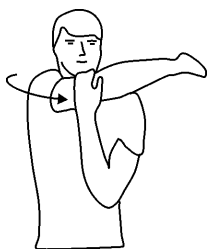
Lower Torso



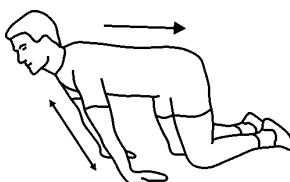
Back Rotators



Shoulders

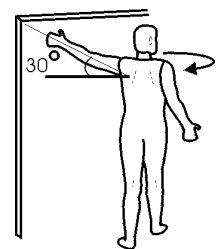


Arms & Wrists



Neck

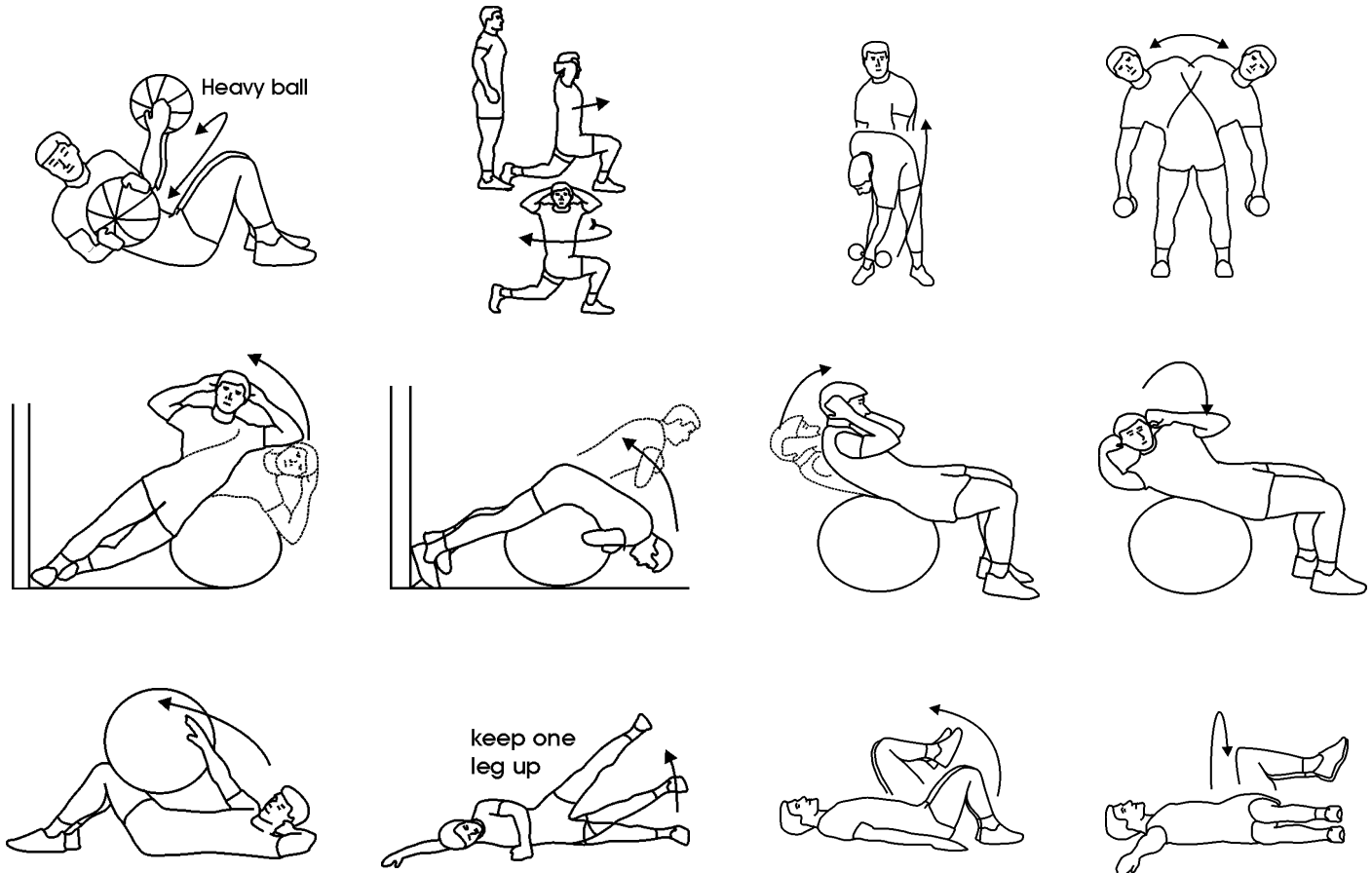
Pectorals



Balance & Core

The core is truly the foundation of your body; a strong core means a strong foundation!
Balance conditioning trains the crucial and often overlooked small stabilizer muscles.

- ✓ Try a *Fit to Play for Golf* conditioning class to learn new exercises and variations
- ✓ Aim to perform 2 sets of 10-15 repetitions in a slow, controlled motion



When to see a Trainer...

- ✓ *Fit to Play* programs are designed for individuals in good physical shape, if you have any **chronic pain or previous injury** you should consult a personal trainer for an customized program
- ✓ *Fit to Play* programs are **starting point exercises**, once you have become familiar and comfortable with these basic exercises you may want to consult a personal trainer for more challenging and advanced exercises specifically suited to your needs and fitness level.