



The Absolute Beginner's Guide to **GOLF FITNESS**

7 Minutes to Golf Shape

Featuring
the Super 7
Movements
for Golf



WAKE UP GOLF



All rights reserved. No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This manual may not be reproduced in any form without the written permission of the publisher.

Disclaimer

This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs mentioned herein should not be adopted by any purchaser without review and consent with your health professional. The authors are neither responsible, nor liable for any harm or injury resulting from these programs or the use of the exercises described herein.

<http://www.wakeupgolf.com>

Introduction

As you can observe on tour, there is no one particular body type that is possessed by all great players. They come in a variety of shapes and sizes which can be encouraging and serve as role models to players of all levels.

Regardless of a golfer's particular body type, the majority of tour players work on their strength, stability, flexibility, mobility, nutrition, energy levels and overall fitness. Even the players who don't look like they work out may surprise you with their level of fitness.

While the early pioneers in the golf fitness circuit like Gary Player and Greg Norman were among the very few who worked out and utilized the potential of fitness to their advantage, it is now widely accepted amongst all players that fitness is an integral part of their golf game.

Today's golfers are stronger, more powerful athletes. They train like athletes and eat like athletes. Tiger Woods may have become among the most well known for his athletic body. He inspired a future generation of eager junior golfers to use fitness to the best of their abilities to enhance their game. Today, this has created even more competitive pressure as well as a new standard in golf training.

Over the last few years, we have heard players like Phil Mickelson and Francesco Molinari say they had to use fitness protocols to up their distance off the tee. You may not need to be the longest driver off the tee to win tournaments, but you do need fitness to help you stay competitive in your distance. Even when your putting is masterful and your short game is unstoppable. You can't afford to lose too many yards off the tee or you will always be at a disadvantage.

Golf fitness training can also provide other benefits to competitive golfers including coping with the stress of traveling, helping to protect against injury, and providing longevity in competition.

It is also been proven to help with a number of common swing faults like...

- An inability to transfer weight to your right side in the backswing and/or to your left side in your downswing
- Insufficient rotation of your hips both back and through
- Loss of balance during or after the downswing
- Inconsistent posture (lifting your upper body during the swing)
- Inability to get enough separation between your shoulder and hip rotation
- Excessive rolling of the feet during the downswing
- Difficulty maintaining a firm grip on the club at impact

If any of these sound like you, you're not alone! Don't get discouraged, because physical fitness is something that any of you can improve upon.

I've worked extremely hard to strengthen the stabilizer muscles in my hips and legs as well as improve my core body strength...My driving has been the chief benefactor of all that work."

Phil Mickelson

*"If you play a lot of golf, a bad swing habit will exact a physical toll no matter your age or fitness level. In my case, I was placing extreme pressure on my lower spine from rotating my hips too much. This is a common cause of bad backs--and bad shots--for golfers of all levels...**because I've spent more time fixing my swing at the gym than on the range**, I'm confident the results will be lasting.*

Rickie Fowler (How I fixed my swing at the gym-Golf Digest)

The Absolute Beginner's Guide to Golf Fitness Method

Circuit Training is one of the most popular and oldest styles of workout training. It has been around since the 1950's and was one of the 'hottest' training programs back in its day. While many styles of workouts have come and gone, circuit training is still the preferred method for a large percentage of our population.

While popular exercises may have changed over the years, this is one style that is well suited to every generation, every level of fitness and most any kind of goal.

It's also one of the most flexible ways to work out. You can use your own stations in a gym, or workout at home. You can use bodyweight only, a small handful of equipment, or all kinds of exercises at the gym. You can also work out on your own or it's the perfect way to share a workout with friends. In fact, many small gym environments and classes are still set up this way across America.

For golf, it's a no-brainer. In fact, it's almost perfectly suited for a golfer. You need to minimize your time in the gym so you can maximize your time on the range or on the course. You need fitness, but you don't want to invest a large chunk of your free time.

.....and that's why circuit training is so popular for golfers.

How does it work?

It is typically set up in pre arranged stations of 6 to 12 exercises. You begin at one station or set of exercises and perform a set of repetitions (usually in the 10 to 15 range), then move to the next station until a set of repetitions has been completed at each station. There is no rest between exercises which keeps your heart rate up and you get a great cardio workout while revving your metabolism.

Sounds like fun, right? You get fit, get added heart healthy benefits, and your game can really improve with a relatively small amount of effort.

Each circuit should start with a brief warm up. It only takes 5 to 10 minutes, but it's necessary to prepare your body and your mind for the work ahead. We have outlined some simple warm up exercises and movements for you. Remember the point is to get your blood flowing and ready for action! And, a cool down is always recommended as well. Just 5 minutes of light stretches and you are good to go!

Where should I start?

Beginners should start with one to two circuits and build from there. Intermediate exercisers can do two to four circuits. As you get stronger, feel free to add more circuits. However, this is totally up to you.

There are two ways to perform your circuits. You can use repetitions or timed stations. They are both effective, it is only matter of which you prefer. The circuits below are set at 12 to 15 reps. However, if you want to use timed intervals, then try 30 to 45 seconds per exercise before moving on to the next exercise. Another great idea is to get a smartphone timer app.

These are great for setting them at the perfect time per exercise, then you will hear a beep when it's time to move to the next exercise. This way you can listen to music and focus on form and you don't need to worry about counting reps.

For golf, I recommend the workout in phases;

Phase 1: build stamina by going through the circuits with 12 to 15 reps. Stay here for roughly 4 weeks.

Phase 2: build strength by performing 8 to 10 reps of the same exercises but increase the weight or difficulty slightly.

Phase 3 build power by performing just 4 to 6 reps of the same exercise but increase the weight or difficulty slightly.

Begin with 2 to 3 times per week, every other day. At the end of this guide, you will also see a level 2 and level 3, if you choose to challenge yourself further once you have mastered the Super 7.

Principles of Golf Athletic Development

We have already done all of the work for you by designing the right exercises. For those of you who like to know the 'why' behind the chosen exercises, here are some of the factors we considered when putting it all together.

-Vary your planes of motion - A golf fitness program will have varying planes of motion as part of your weekly strength routine. Planes of movement include front to back motions, left to right and rotational exercises. This variety allows you to explore your freedom of movement and prepare your body for the demands of golf.

-Keep movements ground based - There has been a recent fitness craze with the use of fitness balls, foam rollers and other balance aids. It is always fun to learn new movements and try different exercises, but never forget that golf is played while standing on your feet and by transferring force from the ground up. Ground based movements which focus on natural force production are your best bet for golf.

-Build a foundation, first and foremost - Learning how to properly engage the core muscles provides a platform of stability and level of protection from injury. In order to keep your body from breaking down and affecting your golf swing, exercises aimed at restoring muscular balance should be a natural part of program design. As you continue to build foundational strength, you also improve your resistance to fatigue. Focus on the foundation first and all other desirable golf qualities will follow.

-Integrate multiple elements into each exercise – Each weekly workout should address all of the important elements for golf including flexibility, core

development, balance, mobility, general athletic movement, strength and power. Integrated training techniques will develop your skills in each of these areas and produce a whole new level of play.

-Progressive Resistance - Strength should be developed in a progressive manner. In order to get stronger one needs to progressively add resistance over time relative to previous workouts. Strength gains are made slowly, but consistently and you will see the difference in your game in no time. In the absence of progress with your program, you're limiting your potential. Progression also involves varying your speeds of movement as your body becomes more adapted to each exercise.

-Train movements, not individual muscles – Sport specific training is different from general fitness training and vastly different from old school body building. For decades we have learned where our large muscle groups and small muscle groups are located. We have been taught that in order to develop each muscle we must contract it to help it grow in size and strength. One of the most talked about isolation exercises is the bicep curl.

'Isolation' of muscle structure has been replaced with a more dynamic approach to sport specific training called 'integration'. Through time, research and new techniques, athletes and trainers have learned that sports conditioning requires the synchronization of many body parts in order to perform a sport specific movement. We have learned that in order to be your best, you must train according to the demands of your sport as well as your position and individual talents. In golf, many muscle groups work in a coordinated fashion to produce explosive strength and power and should be trained as such.

Out with the Old and In with the New

Fitness training for golf continues to grow and evolve as new information and research is made public by trainers, physical therapists, physicians and research analysts. In the not so distant past, sports trainers recommended a brief cardio or

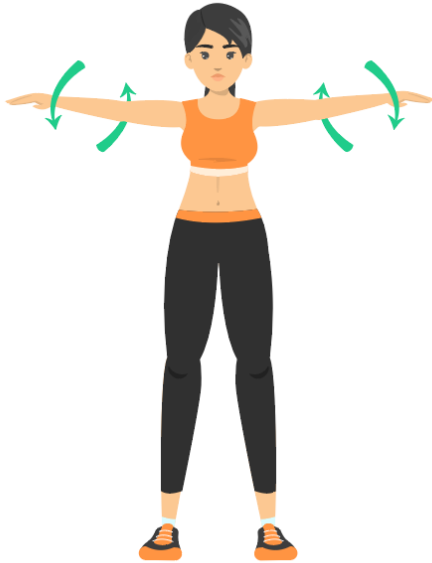
stretch session as the most efficient warm up before the start of a strength training session.

This popular style of warm up has been replaced by a more progressive series of exercises which focus on increasing mobility while still getting the benefits of increasing core body temperature and preparing athletes for the work ahead.

Often referred to as 'movement prep', these series of exercises are designed to keep the body moving through a full range of motion while keeping the intensity light and easy.

Ready to get started?

WARM-UP EXERCISES



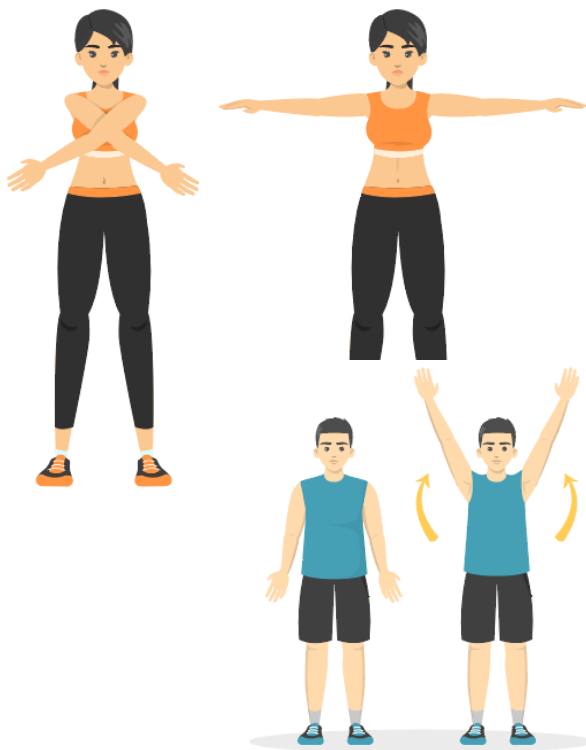
Arm Circles

Start with your arms down with palms facing down. Squeeze your shoulder blades together slightly to make sure your chest is open.

Begin making small circles with your arms. Hands will rotate back and down.

Move your arms to a mid-body position while continuing to make small circles. Last, raise your arms to just below shoulder level for the final round of circles.

Perform 10 to 15 circles forward in each position.

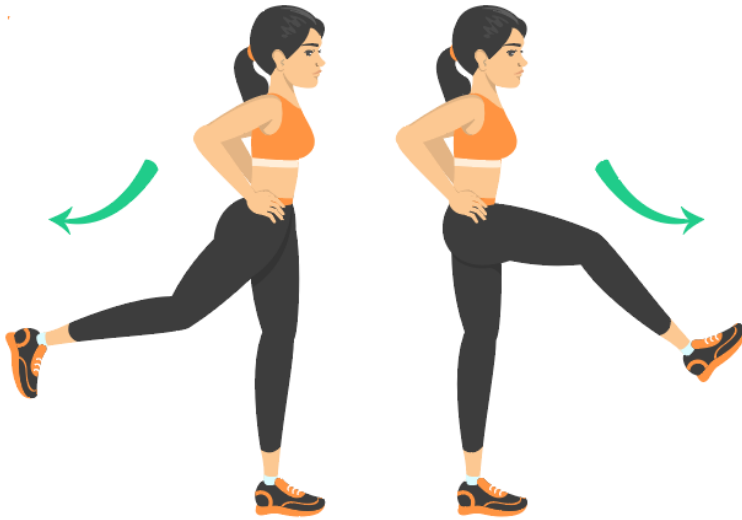


Arm Crosses

Start with your palms facing down and your arms crossed. Move your arms out to the side. Continue this movement in a rhythmic fashion.

Repeat this exercise again, but cross your arms over your head.

Perform 10 crosses at the top and 10 crosses overhead.



Leg Swings (front-back)

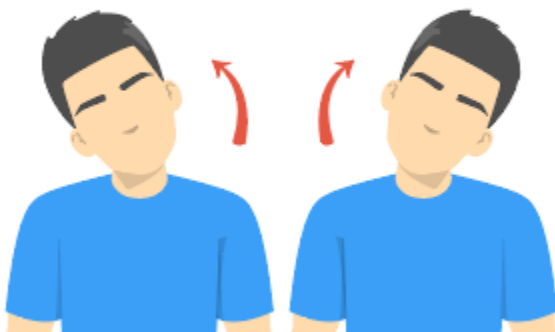
Stand next to a wall for support. Extend one leg forward as far as comfortably possible, then swing it backward. Do not extend too far or too fast. Switch to the opposite leg and continue swinging forward and backward trying to increase your range of motion over time.

Perform 10 leg swings to the front and 10 leg swings to the back.

Leg Swings (side-side): Stand facing a wall for support. Extend one leg to the side as far inward as possible, then back out as far as possible. Switch to the opposite leg and continue swinging side to side trying to increase your range of motion over time.

Perform 10 leg swings to each side.

SIDE BEND

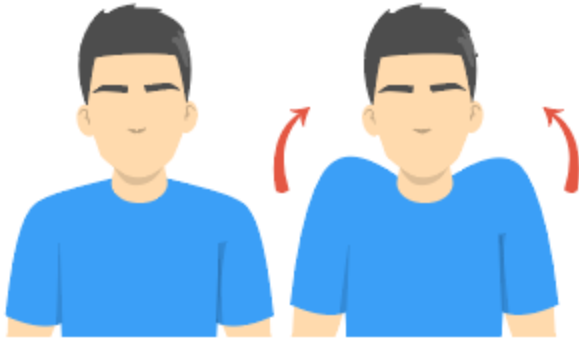


Neck and Shoulder Stretches

Make sure your shoulders are back and down. Your chin should be facing forward (not pointing down or pointed up). Tilt your head (gently) to one side, then to the other.

Perform 10 to each side.

SHOULDER SHRUG

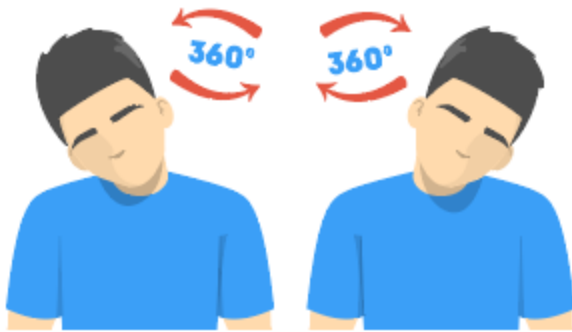


Shoulder Shrugs

Stand with good posture. Elevate your shoulders as high as possible. Once you reach the top of the movement, try to bring them down as low as possible. Alternate between up and down.

Perform 10 reps.

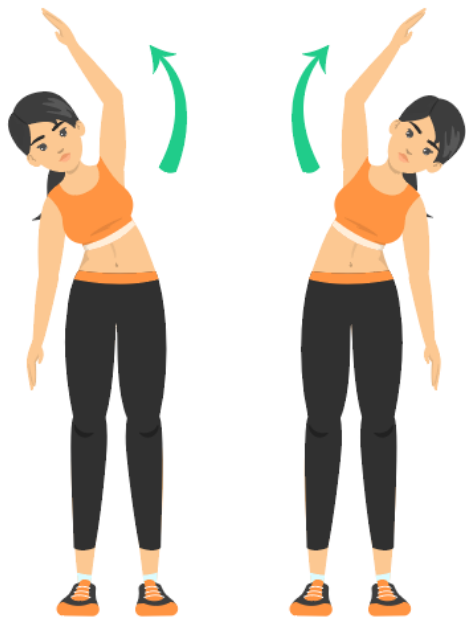
NECK ROTATION



Neck Rotations

Stand with good posture and gently roll your head around to the right, then down, then back up into a full circle. The neck muscles can get very tight so please roll slowly and take your time. This is a gentle. Easy stretch.

Perform 5 rolls to the right and 5 rolls to the left.



Side Bends

Extend your right arm overhead while your left arm hangs comfortably at your side. Begin by leaning your body to your left side. Repeat the stretch on the other side of your body.

Perform 10 to each side.

SUPER 7 FOR GOLF

STRENGTH AND MOBILITY



Squats with Raised Arms

Stand with good posture with knees slightly bent. Bend as far down as you can go and maintain good posture. This means you won't lean too far forward or backward. Remember you are squatting back and down. You should not feel it in your knees, but rather in your thighs



and shoulders. If you have any trouble with balance, try the chair exercise instead.

Perform 12 to 15 reps



Standing Oblique Crunch

Stand with good posture holding a dumbbell above your head with your knees slightly bent. Lift one leg across your body and bring your knee towards your chest. At the same time, bring your arms down over towards the bent leg into a side crunch.

Perform 12 to 15 reps



Squat to Knee Lifts

Place your body in a lowered squat position with knees pointed out slightly. Lower yourself into a partial lunge, then as you lift yourself back up, try bringing up one knee to your elbow. This works your lower body and core.

Perform 12 to 15 reps

Kneeling Push Up to Hand Cross

Place your body in a modified push up position with knees bent. Start with upper body near the floor. Begin to push your body up with both hands. When you get near the top, let go of one hand and place it across your opposite shoulder. You should feel this in your core.

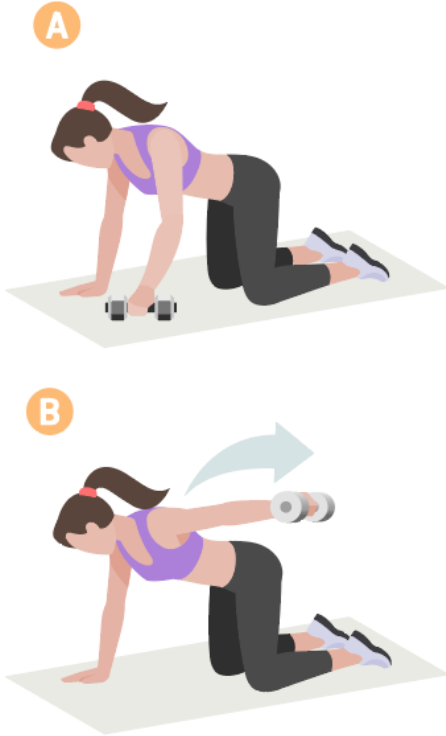
Perform 12 to 15 reps

A



B





Kneeling Shoulder Raises

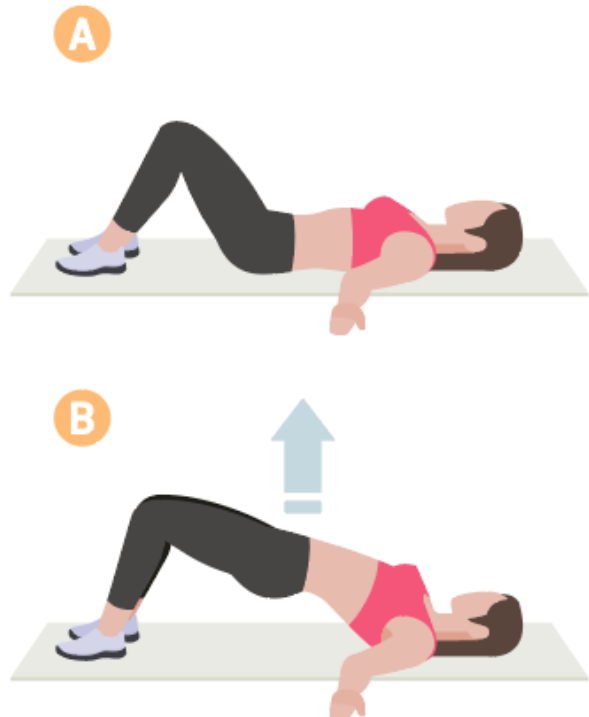
From a kneeling position, grab a dumbbell and hold it in your left hand. While bent over, extend your arm out to your shoulder level. You do not need to go higher than that. Perform one set for each side.

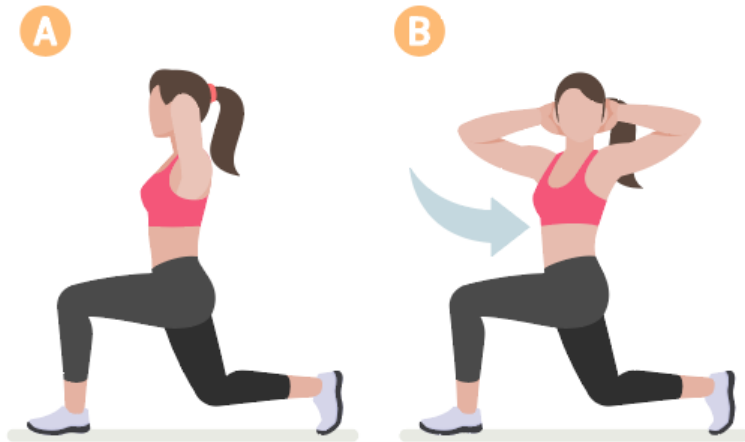
Perform 12 to 15 reps

Glute Raises

Lie on the floor with your knees bent. Your arms are at your side. Engage your abs and glutes, then slowly lift your hips off the ground.

Perform 12 to 15 reps





Lunge to Rotate

Step forward with your left foot into a lunge. Your arms should be behind your head. As you step forward, turn towards your bent knee. Repeat on the opposite side.

Perform 12 to 15 reps per side

COOL DOWN

HIP FLEXOR STRETCH



Hip Stretch

Kneel down with one foot forward and one knee on the ground. Contract your stomach muscles to create a neutral spine. Lean forward into the stretch keeping the same straight back.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.



Shoulder Stretch

Place one arm across your chest. Grab your wrist area of the opposite arm and pull it gently into a stretch. Repeat with both arms.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.

SHOULDER STRETCH



**CHEST
STRETCH**

Chest Stretch

Stand with good posture. Reach behind your back and touch your hands together. You will feel this stretch in your shoulders and chest.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.

Overhead Stretch

Place both hands above your head and point your fingertips towards your head. Don't arch your back. In order to do this, pull your stomach muscles in slightly.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.



**OVERHEAD
STRETCH**



THIGH HUG

Thigh Hug

From a lying position, bring one leg into your chest. Your hands will be placed just below the knee so you can apply gentle pressure until you feel this in your thigh and glute muscles.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.

CAT-COW STRETCH



Cat and Cow Stretch

From a kneeling position, round out your back until you feel a nice stretch. Now reverse the movement by lowering your low back. Alternate between the two by rounding and lowering your low back. The rest of your body is stable throughout.

Perform 1 set of stretches per side. Hold for 1 to 2 seconds.