

Golf Training Program: Using MedStrength to improve your swing and stability

It's easy to watch golf and overlook the subtleties that make the sport so physically demanding. After all, golf is one of the few sports that allows technique and control to make up for a lack of athletic power and strength. Golf is also only one of a handful of sports where senior-level players (over the age of 50) are still able to compete with younger players in their prime.

The misconception is, however, that strength, flexibility, and general condition play only a minor role in preparing golfers to get the most out of their game. The golf swing is considered an incredibly athletic manoeuvre that consists of a complex combination of flexibility, timing, and power. In order to make the most out of the golf swing, players need to address these components through a focused strength and conditioning program.

Muscle groups commonly used in golf are the muscles through your hips, the extensors, adductors and abductors, the rotary and extensor muscles of the spine and the extensor and flexor muscles of the wrists.

There are 3 main exercise machines that are particularly useful for improving your function and enhancing your golf swing: Torso Rotation, Lumbar Strength and Core 4-Way neck. These three machines isolate the often hard-to-activate core muscle groups involved in the subtleties of a perfect golf swing. Developing the ability to isolate and activate these muscles can see large gains in swing power and speed in a relatively short period of time.

Once you develop strength in the core region, turning that strength into skill and function can be trained by adding in some functional training exercises. Increasing strength increases one's functional capacity, functional exercises increases the ability in which one can use that capacity.



Program:

Please ask a trainer if you would like more information or clarification of anything.

Begin by choosing all your exercises from Phase I and as you improve, progress the exercise to Phase II through Phase IV.

Choose 2 - 3 exercises from the 3 categories for a maximum of 9 exercises. For explanations of how these exercises are done, just ask a trainer on the floor!

Phase I	Phase II	Phase III	Phase IV
Lower Body			
Lunges	Rotational Lunges	D/B Russian Lunge	TRX SL Squat
S/B Wall Squat	Bosu Ball Squat	BoBall Sqt Rotations	
Step ups	Low Shuttles	Side Hurdles	Box Jumps
Clams	T/B Abduction	T/B Squat	
Upper Body			
T/B Lat Extension	T/B Lat High	D/B Pull Over	
TRX Chest Fly	D/B Chest Fly		
T/B Ext Rotation	Lawn Mower	D/B SL Deadlift to LM	
T/B Internal Rot	D/B Internal Rot		
Core			
Reformer 100's	Reformer Curl Ups	Jackknife	1 Armed Jackknife
Russian Twist	S/B Russian Twist	Wood Chopper	
T/B Golf Swing BR	T/B Golf Swing 1 leg		
T/B Golf Swing ER	T/B Golf Swing ER		