

Golf Training

Phase 1 - Build a Solid Foundation

The off-season (usually winter) when you play no competitions and less golf, is the ideal time to start your golf weight training program. Of course, the timing may not fit and it's better to make a start now than to wait until next year. Remember though, whatever point you are in the year, always start with this phase.

The exercises in this phase of the golf weight training program are more conventional and use moderate weights. At this stage THE most important goal is prepare the body for more demanding sessions later on. It's also a time to address some of the imbalances inherent in many golfers.

The session is set up in as a **Circuit**. This simply means you perform one set of each exercise in succession with minimal rest between exercises.

Here are the parameters for the circuit training routine that makes up phase 1...

- **Time of Year:** Off-season/winter months
- **Phase length:** 8 weeks
- **No. sessions:** 2 x week
- **No. exercises:** 10
- **Resistance:** 50% 1 repetition maximum
- **Repetitions:** 15-20
- **No. circuits:** 2-3
- **Rest between exercises:** 30 secs
- **Rest between circuits:** 2-3 mins
- **Speed of lifts:** Smooth and controlled

And here are the exercises...

1. Push-ups x 15-20

6. Barbell Upright Rows x 15

2. Alternating Squats with Press x 15

7. Reverse Flyes x 15

3. Lat Pull Downs (wide grip) x 15

8. Dumbbell Curls x 15

4. Oblique Crunches x 20

9. Back Extensions on Stability Ball x 20

5. Dumbbell Lunges x 10 (each leg)

10. Barbell Reverse Wrist Curls x 15-20