

## Phase 2 - Develop Golf-Specific Power

Once you've built a solid foundation of strength, it's time to convert those gains into explosive power. The golf swing is a **powerful** movement - power being a combination of strength AND speed.

Just becoming stronger won't necessarily allow you to hit the ball further. Becoming stronger and then developing the ability to apply that strength **quickly** is the real key. That's how you'll increase club head speed and that's how you'll hit the ball farther.

The exercises below should be performed explosively (unless stated otherwise). On the contraction or the difficult part of the lift, aim to move the weight as quickly and forcefully as possible. Slowly lower the weight to the start position and repeat. **Do not LOCK joints out at any stage.** Always keep a degree of flexion in the elbows or knees for example.

Instead of circuit training format (where you move straight from one exercise to other) during these sessions you perform 2-3 sets of one exercise before moving onto the next.

Here are the parameters for this phase of the golf weight training program...

- **Time of Year:** Pre-season (to coincide with start of competitions)
- **Phase Length:** 6 weeks
- **No. Sessions:** 2 x week
- **Session Length:** 40-60min (inc. warm up/cool down)
- **Resistance:** 60% 1 repetition maximum
- **Repetitions:** 10-20
- **Sets per exercise:** 2-3
- **Speed of lifts:** Explosive

And the exercises...

1. Good Mornings to Shoulder Press x 10-12
2. Single Arm Dumbbell Rows x 12-15
3. Diagonal Medicine Ball Chop x 10-12 (each side)
4. Plyometric Push-Ups x 10-12
5. Dumbbell Squats and Rotational Swings x 10-12
6. Dumbbell Lateral Raises x 10-12
7. Standing Torso Twist x 10 each side
8. Reverse Crunch with Stability Ball x 20
9. Reverse Barbell Wrist Curls x 12-15
10. Barbell Wrist Curls x 12-15