

TRAINING PLAN



FOR WINTER PRACTICE

Training Plan for Winter Practice

Number of training weeks



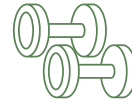
10 weeks

Length of each circle session



10-15 mins.

Number of exercises per circle session



3 exercises



The Winter Training plan is designed to develop physical characteristics such as basic motor skills, mobility, posture, balance and coordination, strength and stability, and speed over a period of 10 weeks.



Working on these areas over a period of 10 weeks will help improve a player's foundation for becoming a better golfer. The exercises are designed to create better physical characteristics that will benefit the technical training and speed training during the winter period.



During the first half of the 10-week training plan, the focus will be on developing basic physical qualities such as body control, mobility, balance and coordination, attributes that are important to move the body more freely and more controlled. During the latter half of the training plan, the focus shifts to developing posture, strength and speed, qualities that are important to swing the club faster.



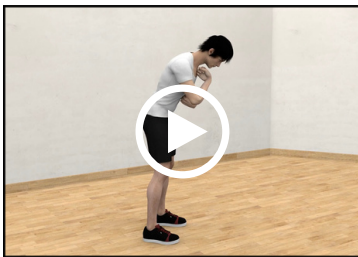
How the training plan is structured - a total of 10 training weeks:

<p>WEEK 1 Basic motor skills for golf 1</p>	<p>WEEK 2 Basic motor skills for golf 2</p>	<p>WEEK 3 Dynamic mobility</p>
<p>WEEK 4 Mobility (rotation) 1</p>	<p>WEEK 5 Mobility (rotation) 2</p>	<p>WEEK 6 Balance and coordination</p>
<p>WEEK 7 Posture</p>	<p>WEEK 8 Strength and stability</p>	<p>WEEKS 9 AND 10 Speed</p>

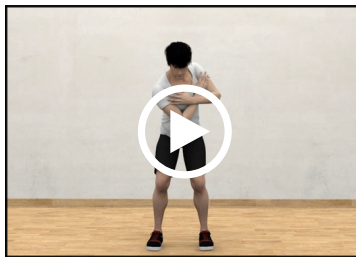
Instructions

- 1 Each exercise is performed for 1 minute, the player performs the exercise at his own pace and decides the number of repetitions himself. If the movement is performed with 1 side at a time, you change sides after 30 seconds.
- 2 30 seconds rest between each exercise.
- 3 Perform each exercise 3 times (sets) per person.

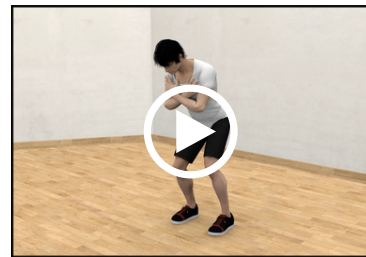
WEEK 1 Basic motor skills for golf 1



T-spine backward & forward bend (Golf position)



Upper body rotation (Golf position)

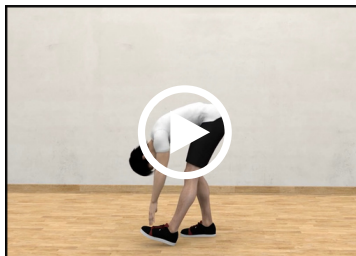


Lower body rotation (Golf position)

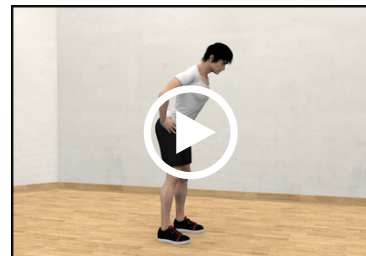
WEEK 2 Basic motor skills for golf 2



Arm lift in golf posture

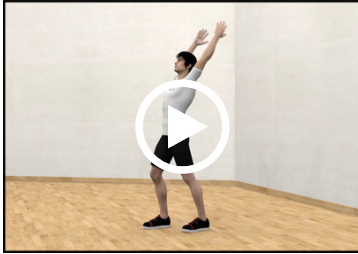


Hip hinge one leg

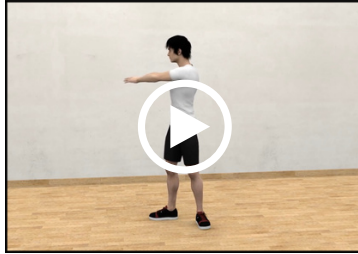


Pelvic tilt (Golf position)

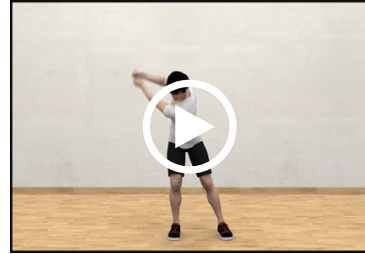
WEEK 3 **Dynamic mobility**



Forward and backward reach



Step with hip rotation

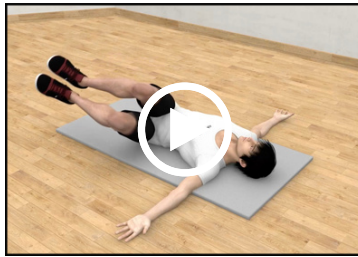


Step with golf rotation

WEEK 4 **Mobility (rotation) 1**



Hip rotation laying down on floor

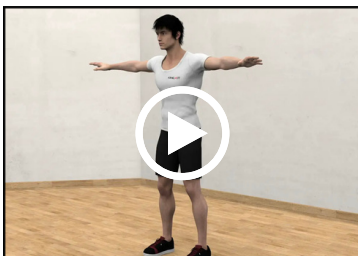


Windmill laying down

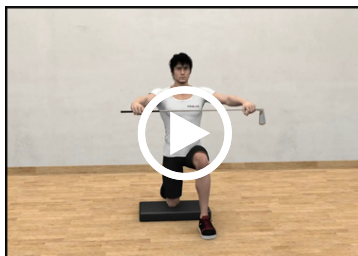


Kneeling torso rotation

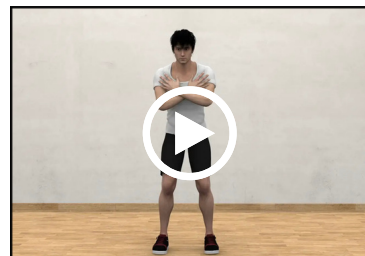
WEEK 5 **Mobility (rotation) 2**



Helicopter golf position



Kinexit golf club warm up 04



Kinexit exercise separation

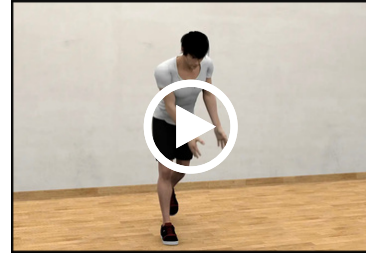
WEEK 6 Balance and coordination



Airplane + knee squeeze on one leg



Complex



Arm swings on one leg

WEEK 7 Posture



T-spine Side bend with arms overhead

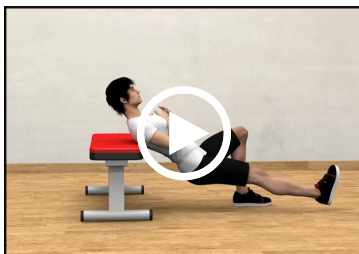


Standing elbow flexes



Shoulder rolls on floor with stick

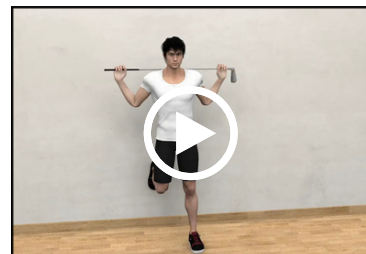
WEEK 8 Strength and stability



Active bridge one leg

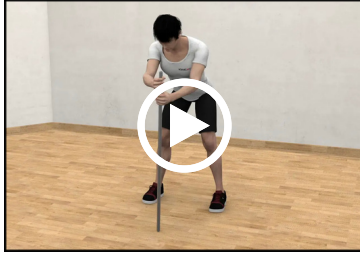


Hip activation kneeling

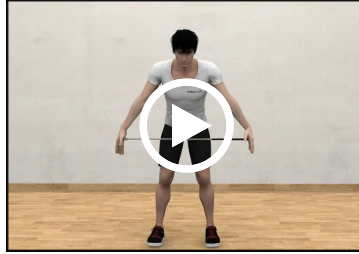


Kinexit golf club warm up 01 (split squat torso rot)

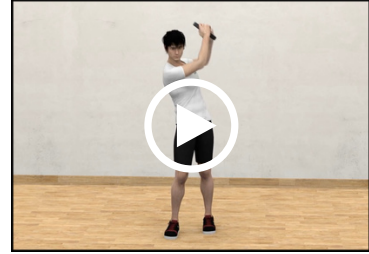
WEEK 9 Speed



[Kinexit exercise quick hips](#)



[Internal force pressure swings with club](#)

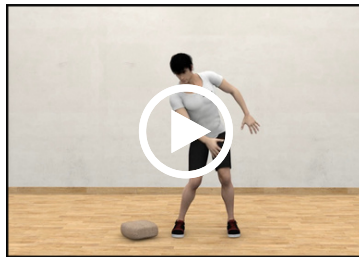


[Quick feet with swing](#)

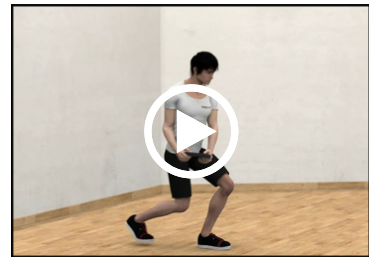
WEEK 10 Speed



[Bent arm tornadoes](#)



[Rotational pillow throw](#)



[Step back with rotation](#)

Watch all 30 videos
and start training.

[SIGN UP](#)