

GOLF FITNESS IN SEASON TRAINING PLAN



KINEXIT
SERIOUS ABOUT YOUR GAME

Golf Fitness in-season training plan

Number of training weeks



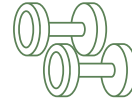
9 weeks

Length of each circle session





10-15 mins.


Number of exercises per circle session





3 exercises

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Warming up before practice and competition is routine for the best female and male tour players. The body must be ready to perform when hitting the first tee shot.
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In addition, a good warm-up routine prevents unnecessary injury and maintains the mobility and strength built up from the off-season. Therefore, the goal for the coming summer period is to create a solid warm-up routine that ensures both the continued technical training and on-course performance are maintained.
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The first part of the plan focuses on just warming up, after which the content shifts to body control and posture. The second part will focus on hip mobility and the importance of separating the upper and lower body.
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When students play more rounds, the hips and thoracic spine often stiffen up. This can lead to injuries if the exercise routine is not maintained properly.
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The final section focuses on developing balance, coordination, strength, and stability. All the essential qualities to get that little extra boost out of the swing.

WEEK 1
Warm-up

WEEK 2
Warm-up with a golf club

WEEK 3
Body Control for golf

WEEK 4
Golf Posture

WEEK 5
Hip Booster

WEEK 6
Seperation Booster

WEEK 7
Balance och Coordination

WEEK 8
Strength and stability

WEEK 9
Power

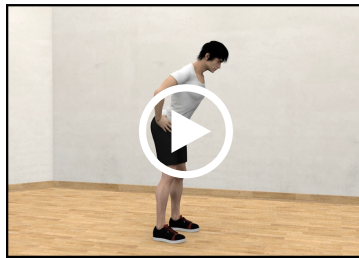
Instructions

- 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.

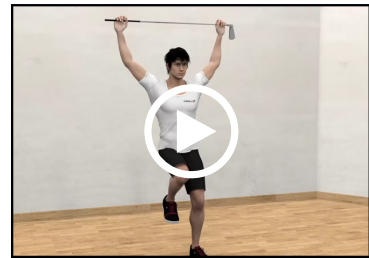
WEEK 1 Warm-up



Helicopter in golf position

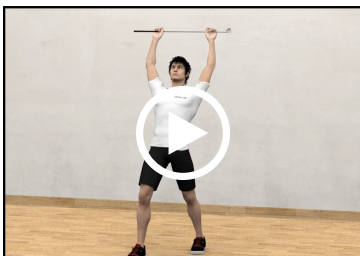


Pelvic Tilt

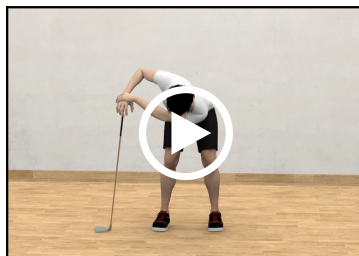


Backward lunge with balance

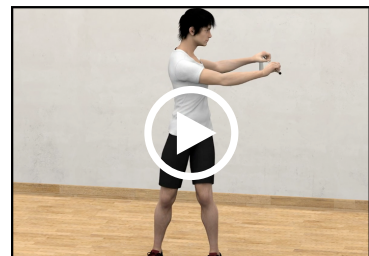
VECKA 2 Warm-up with a golf club



Backward rea



Assisted forward bend with
shoulder stretch



Rotation with different feet
position

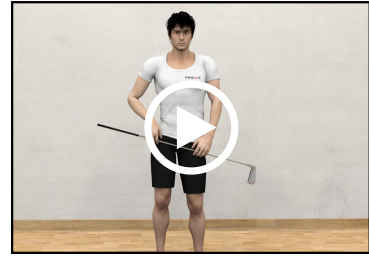
VECKA 3 Body Control for golf



Pelvic tilt (Golf position)



Upper body separation



Pelvic lateral tilt

VECKA 4 Golf Posture



Standing Elbow Flexes

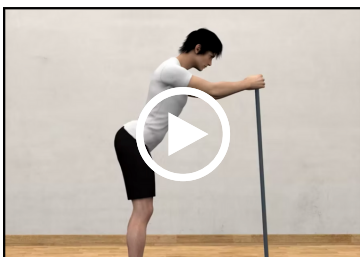


Arm lift in golf position

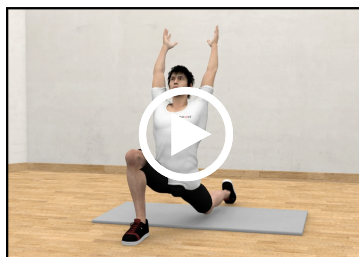


Rubber band pulls

VECKA 5 Hip Booster



Pelvic Tilt Standing Supported



Kneeling Groin Stretch with Backward reach

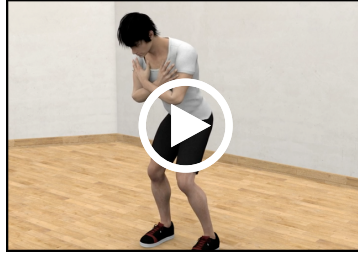


Step with hip rotation

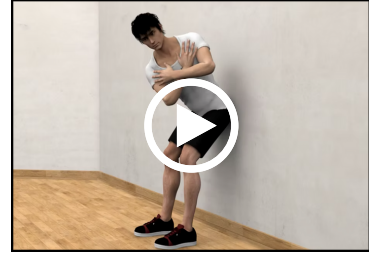
VECKA 6 Separation Booster



Upper body rotation (Golf position).

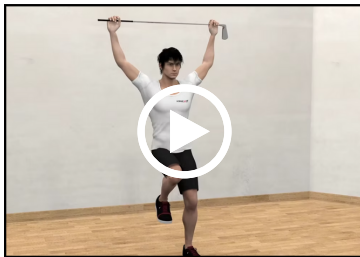


Lower body rotation (Golf position).

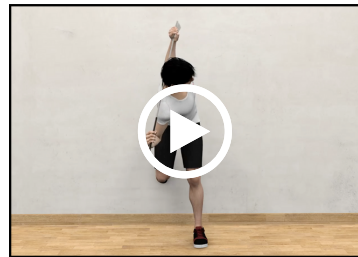


Torso Rotation Against Wall

VECKA 7 Balance & Coordination



Backward lunge with balance

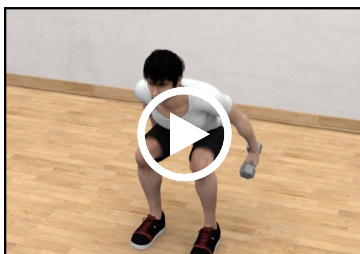


Split squat torso rotation



Windmill on one leg

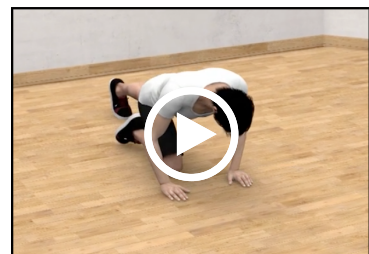
VECKA 8 Strength & Stability



Squat



Anterior & Posterior lunges with arm swing



Plank with knee driver

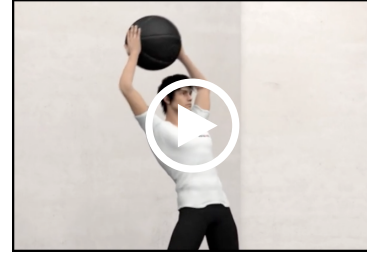
VECKA 9 Power



Jumping up and down



Rotation throw with ball



Ball slams