

The Man with the Plan

Here is a typical functional Golf Strength Workout for Dan:

Functional Golf Strength:

5 min on bike

Dynamic Warm up:

Exercises:

Heavy Medball throwing rotations

Walking Medball Throw downs

Ride Bike 2-min at moderate pace

Tri-plane Lunge w/ med ball

Wave (with handles)

Med ball X-touch against the wall

Ride Bike 2-min at moderate pace

Around the World- Med ball circles on rocker board: (with a golf ball)

2-legs, around waist x 10 each direction (5-iron posture)

1-leg, around knees x 10 each direction (5 IP)

1-legs, around waist x 10 each direction (5IP)

Medball swing (5-IP) (use a golf ball for visualization)

20 each direction on 2 legs

15 each direction on each leg

Ride bike 2 min

Single Leg Medball chest pass against a wall

Thrown one hand with crossed rotation

Throw two hands with hip external rotation

Band Exercises:

Single leg hip twist on one leg standing upright

Single leg hip twist on two legs in 5-iron posture

Shoulder/Core Stability:

Push Up Position: (hold onto 5lb weights with feet on rocker board or bosu)

Shoulder abduction

Shoulder Flexion

Shoulder External

Core: Thera ball

On back, marching (extend on leg at a time) x 20-30

Bridge with feet on ball x 20

Mt Climbers with elbows on ball x 20

Back on ball and torso twist x 20 each direction

Balance on hands/knees raise one arm x 10

Rope climb (on back) x 40

Plank with hip twist x 20-40

Red band around ankles with ball under torso:

Raise leg straight back x 20 each leg

Raise leg to side x 20 each leg