

# Golf Strengthening Program

(We suggest you do 5-6 of the exercises on one day and the others the following day.)

**Exercise:**

Oblique Sit Up 2



CROSS THE ARMS OVER THE CHEST. LIFT THE HEAD AND ONE SHOULDER DIAGONALLY TOWARD THE OPPOSITE HIP AND OBTAINING A PARTIAL TWIST OF THE TRUNK.

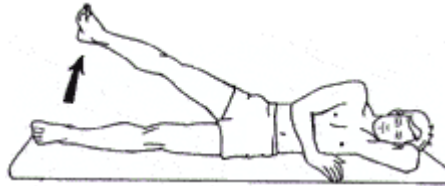
**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

Sidelying Hip Abduction



LYING ON YOUR SIDE TIGHTEN THE MUSCLES IN THE FRONT OF YOUR THIGH AND LIFT THE LEG 8-10 INCHES OFF THE GROUND.

**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

## Sidelying Hip Adduction



LYING ON YOUR SIDE TIGHTEN THE MUSCLES IN THE FRONT OF YOUR THIGH AND LIFT THE LEG 8-10 INCHES OFF THE GROUND. KEEP YOUR ENTIRE LEG IN-LINE WITH YOUR TRUNK.

<b>Repeat:</b>	15 times	<b>Sets:</b>	2
<b>Hold Time:</b>	4 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

## Wall Sit

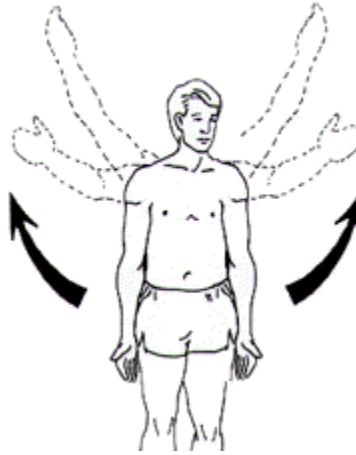


KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE 1/3 BENT. KEEP BACK FLAT.

<b>Repeat:</b>	15 times	<b>Sets:</b>	2
<b>Hold Time:</b>	4 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

Scaption



RAISE THE ARM UP **IN THE PLANE OF THE SHOULDER BLADES** (NOT DIRECTLY OUT TO THE SIDE) WITH THE THUMB POINTING UP.

**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 5 pounds

**Sessions:** 1 /day

**Exercise:**

Bent Over Rowing



BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

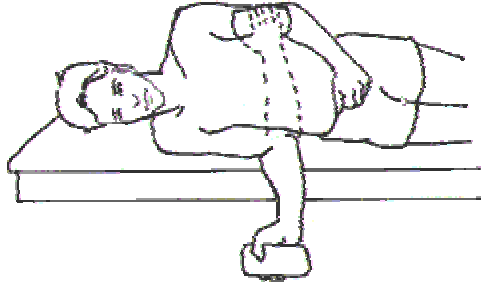
**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 10 pounds

**Sessions:** 1 /day

**Exercise:**

## Sidelying Internal Rotation



KEEPING YOUR ELBOW AT YOUR SIDE ROTATE YOUR FOREARM AND HAND IN TOWARD YOUR CHEST. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE THROUGHOUT THE MOVEMENT.

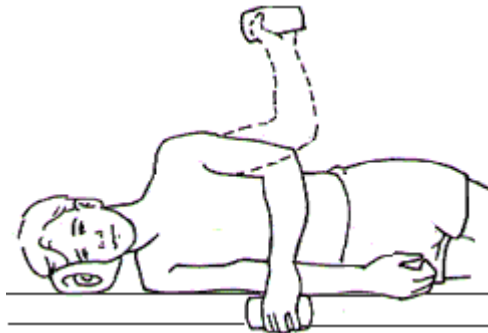
**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 5-8 pounds

**Sessions:** 1 /day

**Exercise:**

## Sidelying External Rotation



KEEPING YOUR ELBOW AT YOUR SIDE ROTATE YOUR FOREARM AND HAND AWAY FROM YOUR CHEST. NOTE THAT YOU SHOULD KEEP YOUR ELBOW AT A 90° ANGLE THROUGHOUT THE MOVEMENT.

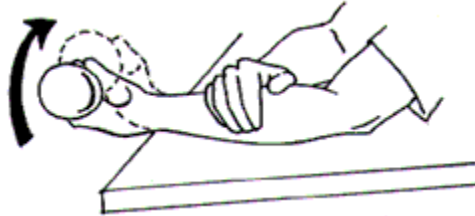
**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 5 pounds

**Sessions:** 1 /day

**Exercise:**

Wrist Flexion RROM



SUPPORT YOUR FOREARM ON YOUR THIGH OR A TABLE. PLACE YOUR PALM UP AND GENTLY BEND THE WRIST UP WHILE HOLDING A HAND WEIGHT. NOTE THAT THE FOREARM DOES NOT MOVE-ONLY YOUR WRIST AND HAND.

**Repeat:** 15 times**Sets:** 2**Hold Time:** 4 secs**Resistance/Time:** 5 pounds**Sessions:** 1 /day**Exercise:**

Wrist Extension RROM

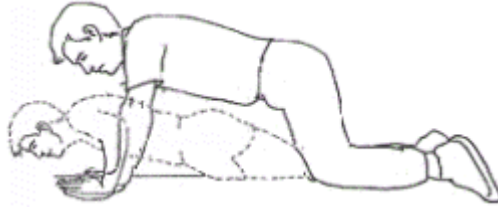


SUPPORT YOUR FOREARM ON YOUR THIGH OR A TABLE. PLACE YOUR PALM DOWN AND GENTLY BEND THE WRIST UP WHILE HOLDING A HAND WEIGHT. NOTE THAT THE FOREARM DOES NOT MOVE-ONLY YOUR WRIST AND HAND.

**Repeat:** 15 times**Sets:** 2**Hold Time:** 4 secs**Resistance/Time:** 5 pounds**Sessions:** 1 /day

**Exercise:**

Bent Knee Push Up



LYING ON YOUR STOMACH PUSH WITH YOUR HANDS RAISING YOUR BODY OFF THE FLOOR.  
KEEP THE KNEES ON THE FLOOR DURING THE MOVEMENT.

**Repeat:** 15 times      **Sets:** 2

**Hold Time:** 4 secs      **Resistance/Time:** 0

**Sessions:** 1 /day