

## Home Exercises Golf Conditioning



### "Hamstring Stretch"

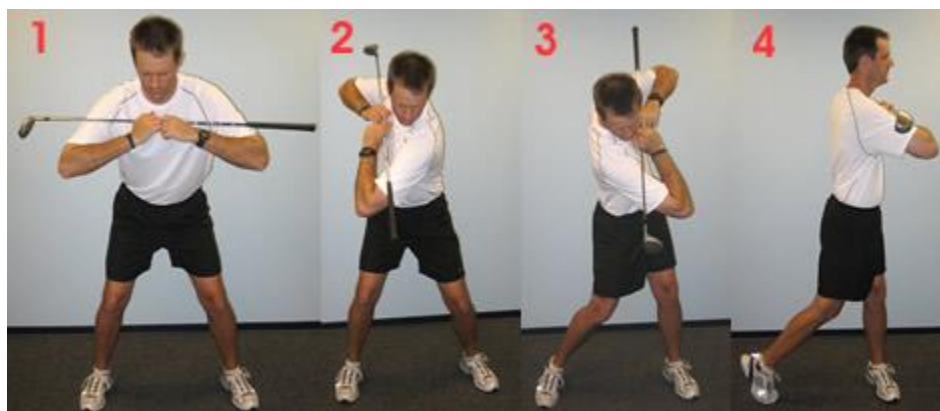
Hold each leg 30-60 seconds alternating each leg 2-3 times.

\* For a more intense stretch straighten leg that is on floor.  
Improving hamstring flexibility will allow you to maintain the correct golf posture and lower the amount of stress on your low back.



### "Hip Hinge Drill"

Feet should be shoulder width apart and knees slightly bent. With a golf club vertically behind your back; bend forward 30 degrees making sure the club continues to touch your back and head. Continue to practice this drill to teach yourself to bend your from the hips rather than the mid to upper back. This drill will improve your golf posture, your balance & the ability to rotate your spine as you address the ball and swing each club.



### "Standing Golf Rotation"

In address position, place club across front of chest.

Turn in the direction of your back swing and hold 3-5 seconds.

Turn to the contact position and hold 3-5 seconds.

Finish in your follow through position & hold 3-5 seconds.

Repeat all parts of exercise 5-10 times daily & every time you are on the driving range. This will help improve strength and range of motion of hips and trunk.



### "Dumbbell Squat"

Feet shoulder width apart in a standing position.

Hold one dumbbell in hands and squat down approximately half way.

Hold 2-3 seconds.

Return to starting position.

Start with 10-15 lbs. – 2 sets of 15 repetitions. – Works quadriceps and gluteus maximus muscles and these help you stay down throughout the shot.



### "Standing Shoulder Flexion"

Hold one dumbbell in each hand with arms at your sides.

Raise arms to shoulder height.

Hold 1-2 seconds.

Return to starting position.

Start with 3-5 lbs. – 2 sets of 15 repetitions. – Works anterior deltoid muscles which help elevate the club during the back swing.



### "Standing Shoulder Abduction"

Start with 3-5 lb dumbbells in each hand. Keep elbows straight while raising arms up to a horizontal position. Return to start position and repeat 15 reps to perform 2 sets. This will strengthen middle deltoid shoulder muscles.



### "Standing Row"

Start in address position and hold the handles of a sports cord with hands facing one another.

Pull handles backwards while squeezing shoulder blades together.

Hold 3-5 seconds and return to starting position.

2 sets of 15 repetitions. – Works posterior shoulder girdle muscles needed to maintain good posture throughout the swing.



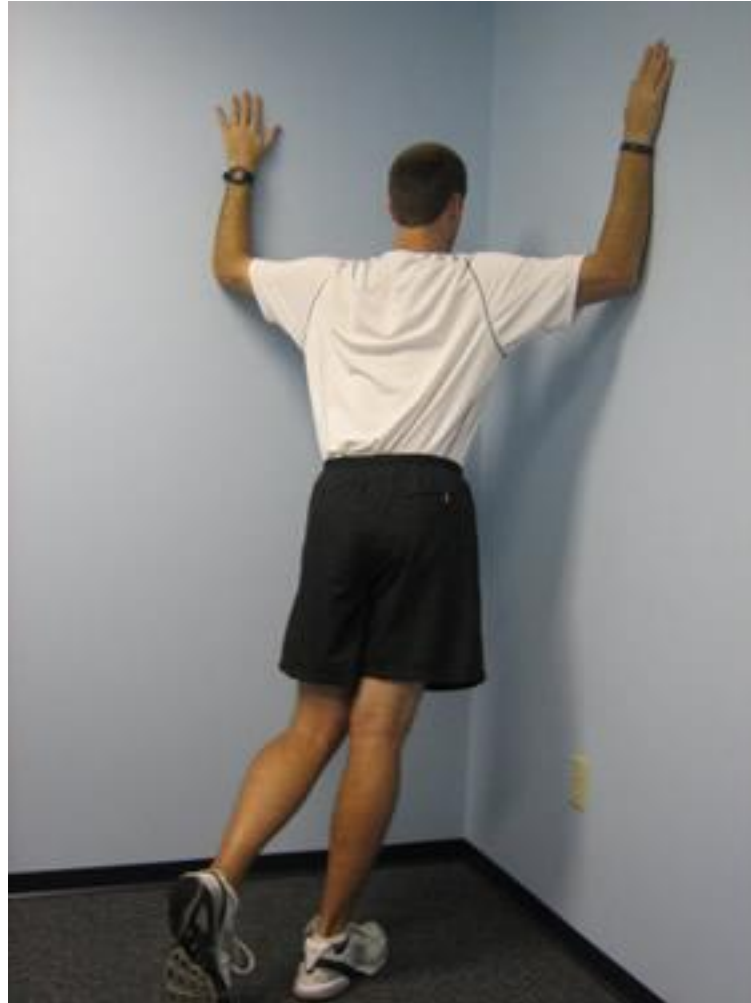
### "Kneeling Golf Rotation"

In a kneeling golf position hold a swiss ball between forearms. Turn in direction of backswing to hold 3-5 seconds. Finish by turning in direction of follow through and holding 3-5 seconds. Repeat 10 times to improve trunk rotation strength and range of motion.



"Alternate Kneeling Golf Rotation"

In a kneeling golf position hold a swiss ball between forearms. Turn in direction of backswing to hold 3-5 seconds. Finish by turning in direction of follow through and holding 3-5 seconds. Repeat 10 times to improve trunk rotation strength and range of motion.



### "Standing Corner Stretch"

Stand in a corner or doorway with arms overhead and upper body leaning forward. Hold 10-15 seconds and repeat 2x to improve shoulder and chest flexibility needed for proper golf posture.



### “Side Lying Trunk Rotation”

Lie on one side with elbows, hips, and knees bent at 90 degrees. Rotate top arm backwards as far as possible without bottom arm coming off the floor. Hold 5 seconds and return to starting position. Repeat 10x and perform the same exercise while lying on opposite side to improve trunk/ shoulder range of motion for backswing and follow through.



### "Prone Press Up"

While lying on stomach press up with arms keeping hips flat on the floor. Hold 3 seconds and repeat 10x to improve lower back flexibility at which is essential for good golf posture.



### "Swiss Ball Crunch"

Lay on a swiss ball in an extended position with arms across chest. Rise up towards the ceiling keeping upper body straight. Repeat 15x and perform 2-3 sets to strengthen abdomen which helps keep proper spine angle during golf swing.



### "Standing Quad Stretch"

In a standing position hold one foot behind body 10-15 seconds while keeping body straight. Repeat with opposite leg and perform 2 reps. This stretch will improve quad flexibility and decrease stress on knee joints.