

Dynamic Power Training



Golf

Purpose:

To assist in the development dynamic strength and power for golf and other rotational sports (e.g.: baseball, softball, and javelin)

Program design:

This program was created for the recreational golfer to compliment their current strength training program. The basic design is to strengthen the dynamic stabilizers using exercise tubing.

Equipment needed:

A light or medium resistance tubing, a Frisbee, a few tennis balls, and either a door anchor, fence post or chin up bar to attach the tubing for the exercises.

Coach's note:

If you have access to a gym, you may substitute the tubing exercises with the cable machine. By using the tubing there will be a somewhat unpredictable resistance you must manage with each movement. There are benefits to both the tubing method and the cable systems. Remember to always keep your abs and core engaged and focus on your breathing.

As your fitness improves increase the load or the number of sets/reps for each exercise. Get creative and change up the exercises. Have fun!

Thank you. Please visit www.sport-dynamics.com for more sport programs.

Triston Mitchell
SportDynamics Performance Training



General Warm-up

Find a light exercise to raise your body temperature until you begin a light sweat and heart and breathing rate increases. (e.g.: Elliptical, treadmill, jumping jacks.)

Core Stabilization:

Bird-dogs:

1. Start by kneeling on all fours.
2. Maintain a neutral spine as you extend your left foot behind.
3. Once stabilized, extend your right hand ahead.
4. Keep your hips horizontal as you draw your right elbow to left knee.
5. Repeat the action 12 times then switch sides.



Kneeling hip rotations:

1. From the kneeling position extend your right leg out.
2. Keep your hips horizontal to the ground then begin to rotate your leg clockwise 12 times then counter-clockwise another 12 reps.
3. Switch legs and repeat the circles. Initiate the movement in the hip.



Planks:

1. Start by laying flat on the floor.
2. Place your elbows beneath your shoulders and your feet shoulder width apart.
3. Lift your hips and knees from the floor, keeping your abdominal region braced.
4. Focus on your breathing and keep the torso nice line.
5. Hold the position for 20- 30 seconds, rest and repeat.



Side Planks with flexion:

1. Begin by lying on your left side with your elbow directly beneath your shoulder. Your hips should be inline with your shoulder and heels.
2. Lower your hips 2-4 inches then hike them back to the neutral position.
3. Repeat the movement 8 times before switching sides.



Dynamic Mobility Exercises:

Used to bring synovial fluids to the joints, blood to the muscles, and provide full range of motion.

Arm rotations forward:

1. Stand tall with feet beneath your hips.
2. Rotate arms forward crossing them at the elbows.
3. Pull your shoulder blades forward, extending the back as arms crossover.
4. Alternate arms and movements should be nice and fluid.
5. Complete 12 rotations with each arm.

Arm rotation backward:

1. Widen your stance to shoulder width apart.
2. Rotate your arms backwards this time crossing them at the wrists.
3. This helps open up your chest.
4. Alternate the arms as they cross.
5. Complete 12 repetitions with each arm.

Split-stance trunk rotations:

1. Stand with feet staggered and arms out to the side.
 2. Palms should be facing forward.
 3. Gently rotate your trunk from left to right keeping your eyesight forward.
- * A golf club may be used to keep your upper body aligned by placing the club along the upper back and shoulders.
4. Rotate 12 times in each direction.

Leg swings – hip extension/flexion:

1. Stand next to a pole, wall or table for support.
2. Point your toes straight ahead and gently swing your right leg upward.
3. Focus the movement in the hip and allow the leg to swing back naturally feeling the natural stretch in your hamstrings, glutes and hip flexors.

4. Complete 12 repetitions then turn and face the opposite direction and complete 12 more reps.

Step back lunge w/ lateral flexion and rotation:

1. Step backward with your right foot and drop your hips. Use a mat or soft surface (such as a towel or grass) to allow your back knee to settle on the ground.
2. With hips in lowered position, extend your right arm upward, then flex your body to the left feeling the stretch.
3. Hold position for 3 deep breaths.
4. Lower and extend the arm at shoulder level, then rotate to the right placing your left hand on your left thigh for support. Keep your eyes on your fingertips.
5. Repeat on the opposite side.



Once you've finished your warm-up routine you can now move onto the dynamic strength and power training exercises.

Dynamic Strength with Tubing

Directions: Unless otherwise noted, perform 2 sets 12 reps of each exercise. Allow yourself 30 seconds to a full minute to recover between exercises.

Transverse abdominal lateral walk

1. Hold the tubing in both hands close to your navel.
2. Begin 3 feet away from attachment point.
3. Walk laterally 5-8 steps or until the tubing is taught.
4. Hold position for 3 seconds then return to the starting position.
5. Slowly return to starting position.



Squat with rotating pulls

1. Face the attachment point.
- 2) Squat and pull downward and back while rotating.
3. Pause momentarily
4. Stand and rotate back to center
5. Repeat squat and pull to opposite side.



Single arm row w/ step back lunge

1. Hold tubing in your left hand.
2. Take a step back with your left foot keeping your balance and lowering your hips.
3. As you step back, draw your arm back in a rowing action. Return to starting position and repeat.



Single arm pull and press split lunge w/ rotation

1. Begin in a split lunge stance with tubing in hand and arm at full extension.
2. Pull the tubing to your chest and rotate your hips.
3. Finish the move by pressing the tubing away while dropping into a lunge.
4. Return to starting positioning.



5) High-low chop

1. Attach tubing to a door anchor or other high attachment point.
2. Beginning in full extension, pull tubing towards your waistline to the opposite hip.
3. Hold the position for one second.
4. Return to starting position and repeat.



6) Low-high reverse chop

1. Attach tubing to a door anchor or low attachment point.



