

PhysicalSolutions

Physiotherapy, Functional Training and Education



Physicalgolf Performance Programme

www.physicalgolf.co.uk

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Introduction

physicalgolf.co.uk presents a structured physical training programme based around functional and corrective exercise pathways. This is a comprehensive golf-specific training progression that targets all the main stages that will help improve golf performance.

- Every time a golfer picks up a club they will take their physical strengths and weaknesses into the swing they are about to make.
- Our physical attributes such as posture, flexibility, stability, balance, strength and power mould our golf swings just as much as our technical ability.
- A great golf swing is the “sum of all its parts”... however many golfers are tempted to spend most of their time and money on the equipment and technical aspects rather than invest in the physical “engine” that drives their golf swing. Optimise the engine and swing potential is released.

Golf is all about movement... precise, reproducible and often powerful movement. The Physical Golf Performance Programme is all about mastering movement. Think of it as a physical or movement education process. It's not about being strapped into gym machines, or banging out endless aimless reps of the same exercises, as it is based upon functional training theory and techniques. It draws upon the exercise pathways and workouts presented in the **Physical Solutions Functional Resource**. The Functional Resource is a stand alone downloadable product. For the golf athlete or trainer it provides a comprehensive physical training collection. It is designed with a quick access menu system, easy to navigate reference sections, and single button printing to help guide you through your own workouts, or your client's sessions.

The Functional Resource provides clear introductions, theory and guidelines about each exercise pathway or workout presented, however it is always recommended that relevant health screening procedures are followed before initiating a training programme with clients or athletes. The printable exercise pathways are all extensively illustrated with full colour images and also offer ideal materials to use with your current training programmes and practice. They are exactly the same exercise pathways we use whilst training with our own golf athletes and can also be used to develop training programmes across a variety of sports and activities. Each numbered programme in the following sequence has its own printable section within the resource.



The Functional Resource Golf Progression

Develop a Flexibility Base

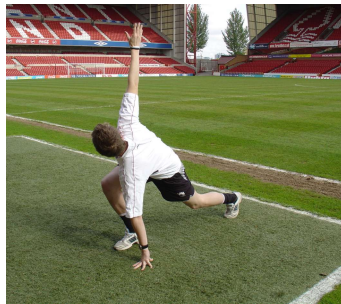
Too many golfers ask their bodies to make shapes that they are currently not capable of making. If you want a powerful and expansive golf swing then it is essential that you have the flexibility to achieve this... if you don't then it doesn't matter how many lessons you have, it simply is not going to happen.

Programme 1 : 3-Dimensional Stretching

These foundation stretches target essential muscles and movements throughout their full 3-D planes. Turn, coil, extension, release... these are all terms we are familiar with but unlikely to achieve if our bodies are "tied down" by inflexibility.

Programme 2 : Introduction to Sequence Stretching

The foundation stretches are now taken into sequences designed to "open out" specific movement patterns that help your whole body to become flexible as a combined unit... essential patterns are included for a complete golf swing.



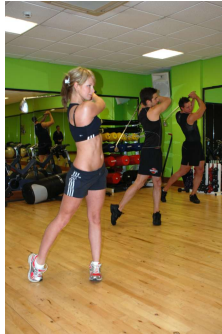
Programme 3 : Wall Rope Stretching

More advanced and powerful stretches covering the whole body and using a fixed rope as a tool to facilitate greater range. A hugely effective way to achieve rapid flexibility improvements.



Develop a Stability Base

Flexibility is of no use without also developing stability. The golf swing is all about controlling momentum, mastering your base of support, maintaining spinal angles and keeping that club on plane... the more dynamically stable you are, the more likely you are to achieve this.



Programme 4 : Abdominal Facilitation

Developing correct control of pelvis, spine and shoulder girdle alignment via the abdominals in order to take this forward into more advanced stability exercises. In the golf swing if you get the basics right, then you end up with something promising... it's the same in golf physical training.

Programme 5 : Reactive Core Stability

A unique programme developing reflex/sub-conscious core and body stability, and also beginning to introduce balance components.



Programme 6 : Stability Ball

A comprehensive collection of exercises incorporating the ever popular stability ball... still an effective tool used by many golf athletes to challenge and develop stability. Each position is fully illustrated and progressed.



Programme 7 : 3D Core Routine

The golfer needs to develop “smart” core skills in all 3 planes of motion. The golfer’s core is not a rigid unit, but a mobile and adaptable foundation that puts the rest of the body in the right places at the right time during the swing. This routine develops control and endurance of 3-dimensional core movement.... And it’s tough!



Flexibility and stability are the foundation upon which great golf swings are built. Take time to master these routines in terms of:

- Available range of movement
- Control at end range of movement
- Maintaining alignment and posture during core exercises
- Increasing core endurance

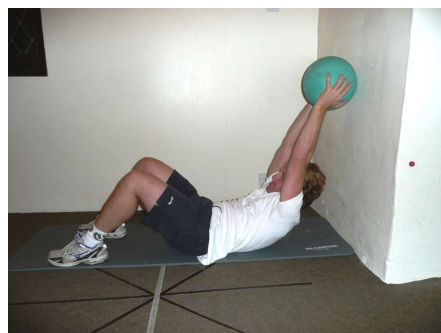
At this stage of your training programme you can elect to challenge your dynamic trunk strength and stability further with two of the functional circuits found within your Functional Training resource. These are:

The Torso Circuit

The Upper Body and Core Circuit

Both of these circuits provide you with “foundation” stability/strength workout that you can re-visit regularly during your training programme.

You may also elect to take on the challenge of the **Test Session** and use this as a benchmark to assess your strength improvements by repeating this test session as you progress further into the performance programme.



Improving Balance

With the flexibility/stability foundation in place you are now ready to develop one of the essential physical ingredients of a great swing... dynamic balance, or what we call "balance in motion". Total trust in your ability to move powerfully and dynamically yet remain in perfect balance is your training goal.



Programme 8 : Dynamic Balance

A programme that we use with all our sportsmen and women, and particularly relevant to golf. It progressively builds from simple to more complex balance development exercises, and is fun!



Programme 9 : Single Leg Stance Stability

The smooth and controlled transfer of weight from one foot to the other that is essential within a successful golf swing is underpinned by single leg balance, stability and strength. This programme, using minimal equipment, enhances this ability to an advanced level of control.



Programme 10 : Three Dimensional Core Balance

Progression to a more advanced level by challenging and enhancing the core/torso via control of balance and body momentum. An inventive workout that develops the "engine" of the golf swing and introduces functional core strength exercises.

Combined Forces

Programme 11 : The Total Body Matrix

You have now developed advanced skills and ability with 3 essential physical components of high performance golf... flexibility, dynamic stability, and balance. All 3 are further refined within this progression. A great "benchmarking" workout requiring minimal, or no equipment, it can be used throughout your continuing training programme to answer physical questions:

How flexible does my whole body feel?

Am I in control? Are my movements smooth and complete?

Can I get to my end ranges in perfect balance?

Do my movements have great timing and sequencing?

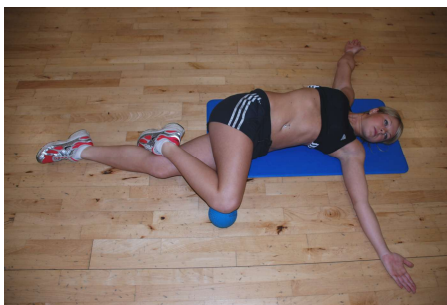
These are the questions asked by the athletic golf swing, and mastering The Total Body Matrix will provide positive answers.



Advanced Flexibility

Programme 12 : Thoracic Spine Mobility

Coil, Torsion, X-factor, Separation... all terms applied to the spinal rotary ability needed in a complete golf swing. This targeted workout enhances the spinal movements in terms of range and control, enhancing separation between the hips and the spine within the swing. It also improves upper torso and shoulder mobility to achieve full swing extension.



Strength Training

Everything is now in place to move on to strength enhancement training but still within a highly functional context. Golf strength training should not be performed at the expense of other abilities... such as flexibility. It should also target the primary contributors to the golf swing.

Programme 13 : Gluteal/Hip Stability Programme

Headlined as stability, but with a strong strength element, this programme is a companion to programme 13. A comprehensive and balanced workout that attacks the golf swings power source... the hips and pelvis musculature.



Programme 14 : Gluteal and Extensor Functional Strength

Demanding full range strength exercises incorporating bodyweight and body positioning variables. A programme designed to develop both strong and “smart” muscles.



Programme 15 : Training the Abdominals for Function

A review programme that targets the “crossroads” of the golf swing in terms of strength. All of the exercises are performed with the feet on the ground reflecting the dynamics of the golf swing.

Programme 16 : Integrated Shoulder and Hip Training

The initial stages in this programme establishes a strong base of scapula stability and progresses to train the unique relationship between the shoulder and the hips in terms of movement sequencing and strength. Integrated, rather than isolated strength training to positively influence the whole golf swing.



Programme 17 : Torsion Performance

Rotary plane, or torsion strength, is an absolute golfing essential and is targeted by this highly innovative progression. Strong elements of body timing and sequencing are also enhanced by employing footwork and body positioning variations. The link to “power” production is introduced within this progression.



Power Production

One of the goals of any golf training programme is to enhance your total body power production. This is not macho speak, but plain physics. Imparting more mass, momentum and club head speed into the ball will power up your distances. Golfing power is an expression of total body flexibility, stability and strength performed within a controlled movement sequence. Functional training developments suggest that power, probably more than any other “ability”, is a cumulative expression of the total bodies “physicality” rather than the bit that looks like it is doing all the work. Put simply, all power production is produced from the “tongue to the toes” and should be trained with this in mind. At Physical Golf one of our main power production tools is the medicine ball used in an expansive total body way.



Programme 18 : Medicine Ball Training

Fully illustrated, as with all of the previous programmes, this is an extensive medicine ball programme that develops through basic warm-up and multi plane exercises to dynamic strength and finally power throwing activities. Great fun, practical and proven effective. It offers the golfer a means to develop total body power, but also a way to alternatively challenge and develop their physical ability.



Additional resource contents..

The Physical Golf Performance Programme is based around a generic programme aimed at producing leaner, stronger and more powerful golfers. Any golfer following the programme can expect to become a more accomplished and rounded general athlete, and it will bring a new and enjoyable dimension to golf training and practice. However the programmes and progressions used represent less than half of those found in The Functional Resource. Other programmes include:-

- Functional and three-dimensional approaches to the Lunge, Squat, Press-up and Step Up. Traditional training with an innovative functional edge.
- Integrated Dumbbell training, Pulley Training.
- Forearm and Rotator Cuff training, Cervical Training.
- Corrective Exercises and Sequences.
- Chains, Slings and Highways... Kinetic Chain Training.
- Comprehensive guest sections from "primal" training specialists GoAnimal, and another collection from US company Perform Better.

Many of which can be integrated into a golf specific training programme, or a general training programme.

Use this programme with The Functional Resource.
Cross-reference the programme titles listed here with the ones found in the resource home page.

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