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Professional golfer Tiger Woods. Kevin K. Cox/Getty Images Comprehensive training programs for individual sports are periodically taught to provide a progressive and interactive learning program. Periodization means that programs are divided into three or four stages throughout the year, with each stage concentrating on a specific area of fitness development. For professional sports that use weight in their training (which is the most athletic) each stage will have a different purpose, and each successive stage is based on the previous one. For traveling professionals, golf is a little different. If you move from continent to continent, trying to get ahead of the weather, you can pretty much play all year round. Wherever you go, your training program is an integral part of your season. Here's how a weight training program might look if your golf game season is accompanied by a closed or off-season response to snowy weather. Players prepare for the season and start to build up after the break. The emphasis is on creating functional strength and some muscle mass (hypertrophy). Players work until the start of the season. The emphasis is on building maximum power. Competition or regular recreational golf is underway and you expect to be in peak condition. The maintenance of strength and strength is emphasized. Time to relax for a while, but you have to be active if you want to get a flying start for next year. The emphasis is on rest and recovery while maintaining light activity - cross training, easy work in the gym. During this time, a break from serious strength training is often helpful. As the preseason approaches, more regular work in the gym may resume. Physically, golf requires a combination of aerobic fitness and strength. You don't want to disappear in the last few holes in the round because you feel tired, which affects mental as well as physical performance. Although this program is for strength training, you should prepare well for long days on the fairway with additional aerobic air conditioning. Practice rounds may be enough for some players, but extra cardio on the road or in the gym can work in your favor. Professional golfers like Gary Player, Greg Norman, and Tiger Woods have made strength training respectable, if not important, to maximize excellence in the sport. However, amateur and recreational golfers can also benefit from strength training. This is a four-phase weight training program that should satisfy most golfers. The first phase focuses on the creation of basic forces and muscles. In the second phase, you will focus on delivering electricity. You play all year round you can just continue with the nutrition program once you build your basics. If you take a break for more than a month, start over with a strength program. Consider this all-around program that is best suited for beginner or casual weight trainers without a weight loss history The best programs are specific to the current fitness level of the person, goals and access to resources and trainers. If you are new to weight training, brush up on the principles and practices with beginner resources before you get started. A medical examination for exercise is always a good idea at the beginning of the season. At this stage you will build up strength and muscles. The emphasis is on lifting moderately heavy weights in order to train the nervous system in combination with muscle fibers to move heavy loads. Hypertrophy, which builds muscle size, does not necessarily imply strength, although in this foundation phase some muscle building will serve you well for the development of strength. Power will be the basis for the next phase, which is the development of energy. Power is the ability to move the heaviest loads in the shortest possible time. Power is essentially a product of strength and speed. For golf, power can mean a better tee shot, more control over these complex approaches, or length on a big par five hole. Midseason: Mid-seasonDard: 6-8 weeks per week: 2-3, at least one day between sessions Reps: 8-10Sets: 2-4Rest between sets: 1-2 minutes Phase 1 Exercise: Points to note: Always cool down and cool down before and after workout. Adjust the weight so that the last few reps are taxed, but don't force you not to completely. Although the upper body - swing - where the action is expressed in golf, the back chain of the thighs, buttocks (butt) and upper legs and abdominal cavity have the same value in the performance of the swing. Squats and lifts build strength and strength in this region. Don't work to bounce for upper body exercises such as dumbbells, woodchops, and lats, and keep fit. Keep your forearms in a vertical plane with your upper arms without extending excessively below parallel to the bottom of the movement. It is important to protect the vulnerable shoulder joint when preparing for a sport where the shoulder gets a lot specific from gym work - in this case on the course. If you can't recover from a session with only one day of rest between them, reschedule this program for two sessions each week, not three. Strength training can be physically and mentally demanding, but so can golf. You may be sick after these sessions. Muscle soreness or delayed onset of muscle soreness (DOMS) is normal; joint pain is not. Be sure to control your hands and shoulders reaction to this phase. Retreat when any joint pain or discomfort is felt. At this point you build on a force developed in Phase 1 with training that will increase your ability to move the load at high speed. Power combines strength and speed. Strength training requires you to gravity at high speed and with explosive intent. You must adequately rest between and sets up every move as quickly as possible. The number of sets may be less than in the first stage. There is no point in training like this when you are tired. Time of year: Late preseason and season Duerate: OngoingDays per week: 2Reps: 8 to 10Sets: 2-4Rest between repetitions: 10 to 15 secondsRest between sets: At least 1 minute or until recovery Phase 2 Exercise: Points to note: In strength training, it is important that you are relatively restored for each and set so that you can maximize the speed of movement. The weight should not be too heavy and the rest of the periods sufficient. At the same time, you need to push or pull out enough heavy loads to develop power against reasonable resistance. With medicine ball turns, make a full set at maximum, then rest enough until the next. If you don't have a partner, use a lighter ball and hold the ball in your hands, twisting from side to side. Alternate Phase 1 (Strength and Muscle) and Phase 2 (Power) a total of two sessions each week. Every fifth week, skip weight training to help recovery. Points to note: Try not to do strength training on the same day as you practice on the course - or at least separate workouts in the morning and afternoon and focus on your short game rather than power drives if you do. Rest completely from strength training one week at five. Easy work in the gym is fine. Use your judgment. Don't sacrifice a course of technical training skills to work with weight if you have limited time. If you have an off-season, it's time to rest. You need this time for emotional and physical renewal. For a few weeks, you can forget about golf and focus on other things. However, it's a good idea to stay in shape and active with cross training or other activities you enjoy. Give yourself enough time to rest and prepare to do it all again next year. Thank you for your feedback! What do you care? This Golf Strength Training training was built specifically to increase body strength across the range of golf swing movement. Fitness Blender Golf Stretching Routine and Golf Balance Workout provide the necessary tools to improve your stability, range of motion, and control during a swing. This workout focuses on increasing strength to get a more powerful golf swing. Maintaining proper form and control when trying to do an exercise to build strength can be difficult; constantly check your shape and increase the weight or difficulty of the exercise only when you are able to complete the exercise with good shape. Starting with slower movements and light weight will help until you are comfortable with this movement and increase speed and weight. Golf Strength Workout One Foot Dead Lift As It's Done: Stand on your left foot with dumbbells in each hand. Slowly lean forward from the hips, keeping the torso and back of the back Direct. Try to keep your leg supporting your weight as straight as possible, but a slight bend is in order. Repeat on the right leg (dumbbells are optional). How it benefits your swing: Builds buttocks and hip strength, back and torso alignment, and balance to help maintain proper back alignment to reduce back and gluteus fatigue. Program: 2-3 sets per match; 4-12 Repetitions; 2-3 times a week Push Up Position Torso Twist with arm lift As it is done: In full position push up (hands under the shoulders, back in a straight line with legs and legs set the width of the shoulders apart) to keep the hips parallel to the ground and raise the right hand from the ground to chest level. Keeping your hand according to your breasts, open your chest as close to perpendicular to the ground as you can get without twisting your hips. Return to the push-up position and then switch hands, alternating sides in the set (use dumbbells to increase complexity). How it benefits your swing: This exercise in golf helps build core and hip stability, as well as strengthening and stretching the transverse obliques (muscles responsible for the rotation of the torso). Program: 2-3 sets; 5-14 Repetitions on hand; 2-3 times a week Side Bridge with Foot Lift As it is done: Styling on the left side with the body in a straight line and elbow under the shoulder, press in the legs and elbow to lift the hip off the ground. When at maximum motion range, lift your right leg as high as you can. Lower leg and drop hips almost to the ground and then repeat the movement. Repeat on the opposite side of the body. (For an advanced version, start with your arm under your shoulder rather than your elbow. How it benefits your swing: Increases strength through oblique, outside hips, and knees, and improves balance. Improves hip control through the swing. Program:2-3 Sets on each side; 4-12 Repetitions; 2-3 times a week. Medicine Ball Swing Toss How It's done: Stand in your usual golf position, knees slightly bent, leaning forward through your hips with your back straight, holding a medicine ball instead of a golf club. Swing the medicine ball as you would your club (hands and hands movements will be different) and when your hands are at 45 down the corner, release the medicine ball by throwing it against the wall. This should be a quick move just like a normal golf swing. Exercise on both sides of the body (the switch of the leading hands). How it benefits golf swing: Builds strength through the actual swing movement focusing on all the muscles to help add extra distance to hit without losing control. Program: 3 sets on each side; 5-12 Repetitions: 2-3 times a week Standing Cable Cross Arm Raise How it is done: With a pulley cable mounted at the base of the machine and stand with a cable in your left hand to goes down and through the right. Holding your hand straight, raise your hand to the side just above the height of the shoulder, and then slowly let it fall back to start the position. How is it Your Swing: Builds strength through deltoids, allowing for more powerful swings and cleaner follow through. Program: 2-3 sets; 4-12 Repetitions; 2-3 times a week Prone Double Elbow Raise How it is done: Lay on the mat face down to the forehead touches the floor, with hands on the back of the head. Slowly lift your elbows as high from the ground as you can. Slowly let them fall, but don't rest on the mat again until you're done with all the repetitions. How it benefits your swing: Builds strength and flexibility through rhomboids and rear deltoids, allowing for more range of motion over your shoulder without losing control of that range. Program: 2-3 sets; 4-12 Repetitions; 2-3 times a week. 3 Path of Wrist Exercise How it is done: Position one (Wrist Deviation): Standing with your hand next to holding a golf club near the center to the handle and head of the club, pointing to the ground, slowly lift the head of the club as high as possible without opening the grip or moving the forearm. Slowly let the head of the club fall to start the position for one repetition. Turn the club around in your hand, so your head now faces behind you, still holding on to the same position on the club shaft as before. Again, slowly lift the head of the club as high as possible without opening the grip or moving the forearm, then let it retreat on one repetition. Position 2 (Wrist Rotation): Holding the club shaft in the same position as before, hold your hand palm down, in front of the shoulder, with the head of the club pointing to the ground on the thumb side of the hand. Let the hand and wrist be as flexible as it is comfortable, then turn your wrist all the way until the head of the club collides in the opposite direction without opening the palm. Flex back for one repetition. Switch the direction of the club in the palm of your hand, as before (this time the club will swing at hand, not from above). Try as much as possible to rotate the club in each direction, without opening the palm. Position 3 (Wrist Flexion and Contraction): Use a tube with a rope attached in the middle and a weight attached to the end of the rope, hold the tube with both hands, palms up and elbows on the sides. Slowly roll your wrist one at a time and the other allows the tube to slide. Roll the rope on the pipe until the weight is all the way up, then let it slowly turn the tube, allowing the weight back down. At the bottom, continue to roll the tube so the rope wraps around it in the opposite direction as before, rolling the weight all the way to the top and slowly back down. (Rolling to the top and back one full set.) How it benefits your swing: Builds wrist strength and control for a smaller motor through your wrist, giving more control through the swing. Program: 1 Set in each direction; 4-12 Repetitions in the first two positions; 2-3 times a week. Week.

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