



## Body Fore Golf

### Overview:

Body Fore Golf is a 10 month periodized plan to prepare for the golf season and improve your game throughout. Despite all the technological advances in the golf game, scores remain the same because the golfer swings the club. Improve function in your body, and watch your golf scores improve dramatically!

For best results, the program begins with the preparatory phase in December, and runs until the end of October to see you through the golf season, injury free with lower scores.

### Details:

**Adaptation Phase:** Improve stability and flexibility. 8 weeks, 3 times per week

This phase addresses imbalances in your body by improving your flexibility, coordination, posture and core stability. Exercises in the adaptation phase focus on injury prevention by using a variety of strength and conditioning exercises to improve your body's function. All exercises are specific to your needs.

#### Sample Exercises\*:

- Supine Swiss ball bridge
- Front plank
- Lat and hamstring stretches
- Hip flexor stretches
- Rotator cuff stability exercises
- Kneeling on Swiss ball
- Aerobic conditioning

**Strength Phase:** Improve strength and golf specific strength. 6 weeks, 2 cycles, 2 times per week

During the strength phase, using dumbbells and barbells you will lift heavier and work the prime movers for golf. Your strength will increase without adding unnecessary size or bulk. There is still variety in this phase, especially in the first 3 week cycle, and an emphasis on core and balance.

#### Sample Exercises:

- Barbell bent over row
- Single arm chest press
- Dead lifts
- Multi-directional lunges
- Swiss ball front plank
- Wood chops, low to high

**Power Phase:** Gain golf specific power for your swing. 8 weeks, 2 times per week

The power phase is an exciting stage where you convert your increased strength into swing specific power. It is in this phase where you will start to see noticeable increases in the length of your drive. Plyometrics and ballistic movements are used to mimic the swing and increase your

rotational drive and power. Strength exercises are included in the power phase to maintain strength.

**Sample Exercises:**

- Plyometric push ups
- Power swings with medicine ball
- Lateral bounds
- Dynamic wood chops
- Medicine ball twists to improve coiling

**Maintenance:** Maintain strength and power throughout the duration of the season.  
16 weeks, 2 times per week

Now that your body is in peak form, it is important to maintain this throughout the season. A combination of strength exercises working the major movers are included, and power exercises to preserve responsiveness in your body. Aerobic conditioning should be sustained throughout the entire season.

**Results:**

- Lower scores
- Improved golf game and confidence
- Longer drives
- Improved posture and core stability
- Increased strength, power, and flexibility
- Reduced chance for injury

\*All exercises are client dependant. Some exercises will be of benefit to some, but not others depending on the clients' strengths, weaknesses, coordination, balance and flexibility.

**Program Price:**

- 44 weeks, 2-3 times per week
- 96 sessions, \$4,999 + HST
- Save \$760 with the program package compared to regular training rates!
- Just over \$52 per session