

# KEY POINTS

1. Stability - Lower body strength provides a stable base to rotate and efficiently transfer force to the ball
2. Hip Extension - Biggest contribution to golf swing and increased force through the swing
3. RFD - The swing is very short in duration. We need to produce force very quickly. RFD/Power underpinned by strength
4. UB Strength - Lower contribution than LB Strength but biggest impact comes from 'Push' strength
5. Protect - Lower back issues are common in golf. Reduce axial loading by including less exercises with a barbell on your back
6. How? Low rep ranges (1-6), low volume (3-5 sets) and high intensity (8+/10)





# SESSION 1

## Core Session

1. Barbell Glute Bridge 4x6
2. Dumbbell Bench Press 4x6
3. Lateral Step Up 3x8
4. DB Squat Jump 3x5

## Supplementary

- a) KB Anti Lateral Flexion 2x15m
- b) Banded KB Swing 2x10
- c) SL RDL - Row 2x8es

# SESSION 2

## Core Session

1. Split Squat (Use DBs) 4x6
2. Barbell Bench Press 5x4
3. SL RDL 3x8es
4. Lateral Lunge 3x8es
5. SL T Glute Bridge 3x10es

## Supplementary

- a) Stability Glute Bridge 2x10es
- b) Gym Ball A Stance 2x20
- c) Push Up Banded 3x10

Complete 2-3 sessions /week

