## Daily

1) **100 Swings total – do 10 swings then alternate club**
   - Emphasis is on form and tempo.
   - Concentrate on set-up, grip, and stance
   - Smooth takeaway, Backswing,
   - Proper Swing plane, Position at top
   - Downswing, position at impact
   Follow thru, weight transfer, balanced finish, proper swing plane throughout.

2) **50 Putts - Keep lengths of takeaway and follow thru the same & accelerate thru putt.**

3) **Physical conditioning**
   - Pyramid Pushups-6-5-4-3-2-1. Do 6, 15 arm raises, 5, 15 arm raises, repeat 4-3-2-1...
   - Crunches- 50 Left, Middle, Right - 50 Bicycle- rt. Elbow to left knee, left elbow to rt. Knee
   - Leg extensions - on all fours
   - Bent leg extension
     - Right Leg 15x
     - Left leg 15x
   - Straight leg lift
     - Right leg 15x
     - Left leg 15x
   - Bent leg kick out to right - 15x
   - Bent leg kick out to left - 15X
   **Repeat**

4) **Squats - 25 – Keep back straight, 10 lb. weight behind neck**
   **Repeat**
Part II- Get yourself in Golf Shape - 7 Rules

1) Spend an equal or greater number of hours on golf-specific fitness and conditioning as you do on your golf swing  
2) Never hit the first ball without stretching  
3) Begin your practice sessions close to the hole and work your way out.  
4) Ease into a practice routine  
5) Golf shouldn’t hurt, stop if it does  
6) Every day do something to improve your game  
7) Think of yourself as an athlete, not just a golfer

Do the following exercises 3 times a week. If you can’t get to the gym, then use a thick rubber band to execute the lat pull and standing rotational pull.

1) **Setup Exercise** - Most of the muscles involved in the setup are the muscles of the trunk, called core muscles. They work with and stabilize the larger muscles in your torso, shoulders, hips, and upper legs that provide the solid foundation on which most of the golf swing is built.

   Get in position as if you are addressing the golf ball. Using both hands lift a 2-5 lb weight from stomach to underneath chin. Keep your back straight. Do this 10 times.

   **Repeat**

2) **Hip crossover stretch** - Lie flat on your back with arms extended. Keeping knees together rotate your hips to the right while keeping your arms, shoulders, and feet on the floor.

   Go left to right and back 15 times.

   **Repeat**
3) **Initial takeaway** Do the one-piece takeaway drill 3x per week. Stand in the setup position with the club in your left hand and right hand over your heart. Take the club back using one hand all the way to the top of your backswing. A true one-piece takeaway is when the club, the arms, the shoulders, and torso all move in one piece.

Do this 15x.

**Repeat.**

Do one-piece takeaway drill 3x’s a week

4) **Lat Pull (In Gym)** Using 30-40 lbs. of weight. Grab the bar with an overhand grip slightly wider than shoulder width. Position yourself in front of the machine so you are facing the weight stack. Lean forward slightly with your arms extending up. Slowly and smoothly pull the bar down toward your thighs squeezing your shoulder blades as close together as you can. Do 15x.

**Repeat**

5) **Standing Rotational pull (In gym)** attach a rope to a high pulley cable. Add a moderate amount of weight for resistance and then stand with your feet shoulder width apart and your right side facing the weight stack. Grab the handle with both hands. Now, rotate your hips and shoulders to the left, pulling the handle down in front of your body, slowly return the handle by rotating your shoulders and torso to the right. Do not move your feet when executing this. (You can also do this exercise one-handed. Often called the Crossover cable pull)

Turn around to use the exercise to work on your follow thru.

If you cannot get to the weight room, instead of doing the Standing Rotational exercise, use 1-2 lb.weight (2-liter plastic soda bottle works) and practice your golf swing holding the bottle. 15x slowly, repeat 2 more times.
6) **Wrist Club Lift** - Here’s one you can do every day. Hold a club in your right hand with your right thumb on top of the club. Keep your hand at your side and lift the club 15x. Now do the drill with your left hand.

7) **Calf stretch** - From a seated position with your legs extended, try to grab the top of your toes and pull them towards you. Hold for 15 seconds.

   **Repeat 2x**

8) **Hamstring stretch** - Lie on your back. Straighten your right leg and lift it perpendicular to the ground. Hold your right leg straight for 10 seconds. Now do your left leg.

   **Repeat both legs two more times.** (Both the calf stretch and Hamstring stretch can be used with a stretching aid (rubber band))

9) **Rotator Cuff Stretch** - With your palms down and your arms straight, hold a golf club in front of you with one hand near the club head and the other near the grip.

   Now, rotate the club clockwise until your arms have crossed.

   You will feel this stretch in your left rotator cuff. Hold it for 20 to 30 seconds before rotating the club counterclockwise to stretch the right rotator cuff.
10) **Triceps stretch** - Use a golf club (driver) for this one. For the triceps stretch, place the club down your spine with one hand above your head and the other hand down by the lower back. Hold for 20 seconds and then switch hands.

**Shoulder and chest stretch** - Grab each end of the club and hold it in front of your chest. Now, lift it over your hands and the club behind your back, then towards your hip without bending your elbows. At first, you may not make it too far behind your head. In time, your flexibility and range of motion will improve. Your goal should be to move your hands as close together as possible. This opens your chest and stretches your pectorals, your front deltoids, and your rotator cuffs.