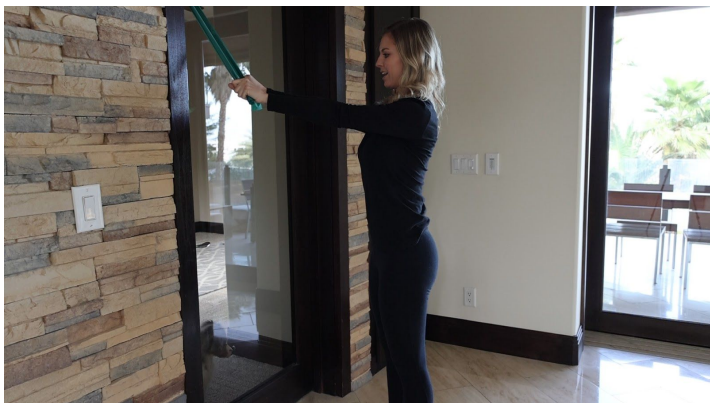


Golf Exercises

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1. Lat Pull Downs



1. Tie a knot in the middle of your band, so you create "straps" of equal length.

2. Place the knot in the top of a door, and close the door, so the band is secure.

3. Grab the "straps", one in each hand. Stand up tall with shoulders away from the ears.

4. Take a few steps back from the door, so you can hold your arms in front of you (just below shoulder height) with elbows straight.

5. Keeping your elbows straight, pull your arms down to your sides.

6. Slowly bring your arms back up to just below shoulder height.

7. Repeat steps 5 & 6 for 10 reps, then take a 30 second rest. Perform 3 sets of 10 reps total.

2. Pushups

1. Place your hands on a countertop (or solid surface that will not move) shoulder-distance apart.

2. Step back so you are in a plank position.

3. Bend your elbows as you lower your chest towards the countertop, keeping your abdominals tight/engaged.

4. Push through your hands to bring your chest back up.

5. Repeat steps 3 & 4 for 10 reps, then take a 30 second rest. Perform 3 sets of 10 reps.

3. Single Leg Deadlifts



1. Place one hand on the countertop or stable surface.

2. Bend the knee on your standing leg slightly.

3. Brace your belly and tip forward (hinging from the hip and keeping your back flat) as you bring your opposite foot off of the floor.

4. Focus on keeping your hips level as you tip until your torso is parallel with the floor.

5. Squeeze the muscles on the backside of your standing leg (hamstrings and glutes) as you bring your torso upright.

6. Repeat steps 3-5 for 10 reps. Switch legs in between each set of

10. Perform 3 sets of 10 on each leg.

4. Paloff Press



1. Tie a band to something stable or place your knotted band in a doorway, so the band is around chest height.

2. Grab the band with both hands, holding it at your chest.

3. Stand to the side of where your band is tied with feet at least hip-distance apart. Step out until the band is taut.



4. Push the band in front of your chest, so your elbows are straight.

5. Hold position for 5 seconds, not allowing your hips or torso to rotate towards where the band is tied.

6. Repeat steps 4 & 5 for 10 reps. Rest for 30 seconds, then perform 3 sets. Repeat facing the opposite direction.

5. Step Ups



1. Stand facing your step (if you don't have stairs, put a stool in front of a counter, so the stool isn't able to move, if you accidentally push it forward).

2. Hold on to the banister of the counter with one hand if you need extra stability.

3. Place your right foot onto the stair/stool.



4. Push into your right foot to step up, bringing your left foot onto the same step.

5. Step down (backwards) with the left leg first (this forces the right leg to keep working as it has to control lowering the left foot to the floor).

6. Repeat steps 3-5 for 10 reps. Perform 10 reps with the left leg leading.

Complete 3 sets of 10 reps on each side.

6. Open Book Stretch



1. Lay on your bed (or on the floor if you prefer) on your side with your knees bent. Knees and ankles should be stacked on top of the other.

2. Keep both arms straight so they are at shoulder height with palms together.

3. With a straight arm, reach your top arm up towards the ceiling and then lower it towards the bed behind you (palm up), opening up your torso to the ceiling while keeping your knees and ankles together. (You're "opening the book")



4. The goal is to be able to get both shoulders flat on the mattress while the knees and ankles are together.

****Don't push it to the point of pain- just stop when you feel a stretch and breathe into it. The more you practice this, the more flexibility you will gain****

5. Hold position for 30 seconds then bring the top arm back to its starting position.

6. Repeat steps 3-5 for 3 reps. After 3, 30 second holds, repeat laying on the other side.

7. Hip Flexor Stretch (On back)



1. Lay on your back on your bed, close to one side of the bed.

2. Move your shoulders towards the middle of the bed so your body is forming a diagonal line.

3. Bring the leg closest to the edge of the bed off of the bed, and bend your knee. (If your bed is low enough, place your foot flat on the floor. If it's higher, you can place your toe on the floor, or get a strap to help you hold the stretch).
4. If your foot is on the floor, slide it towards the top of the bed until you feel a stretch on the front of your thigh. (If you're using a strap, pull the strap so your knee bends more until you feel a stretch on the front of your thigh).
5. Hold for 1 minute.
6. Repeat on the other side. Perform 3 times for 1 minute each.

7. Hip Flexor Stretch (Kneeling)



1. Place a pillow/cushion on the floor, next to a couch or stable chair that you can hold on to.
2. While holding on to the couch/chair, take a split stance with the leg further from the couch in front.
3. Lower the knee closest to the couch to the pillow, so you are in a kneeling position.
4. Keeping your torso and back flat, lean forward until you feel a stretch in the front of the leg that's on the pillow.
5. Hold for 1 minute.
6. Repeat on the other side. Perform 3 times for 1 minute each.