

GCC Golf Team Fall 2009 Training

Warm-Up Activity

10 minutes of cardio. Your choice of equipment (Bike, elliptical, treadmill, etc.). Moderate intensity.

CORE Training

Russian Twists Standing w 6 lb ball 3 x 30 reps

Russian Twists Seated with Legs in Air 3 x 30 reps

Basic Russian Twist Video: http://www.youtube.com/watch?v=pObEPJ_6w5E&feature=related

Med Ball Rotational Throws Forward 2 x 12 throws each side

Med Ball Rotational Throws Backwards 2 x 12 throws each side

Diagonal Chops 2 x 10 reps each direction

Low Back Hyperextensions on Stability Ball 3 x 10

Power Training

Leg Press 5-3-1 (machine) 3 x 8-12 Reps

Forward Walking Lunges w Dumbbells 3 x 8-12 Steps

Rows (machine) 3 x 8-12 Reps

Flexibility

Seated Hamstrings and Low Back

Bent Knee Hamstring

Rolling Glutes

Sumo

Side Lying Quads

Wall Chest