



John Meagher:

Session 1

Morning Mobility: (3 sets of 15 reps on each side as a full session) 1 set as pre golf warm up

- <https://youtu.be/wc6kGhvNMpo> inch worm - good morning stretch
- https://www.youtube.com/watch?v=-mnHHR31_Y – bridge and reach stretch
- https://www.youtube.com/watch?v=zGygMu_LXGo – dynamic sprinters
- <https://www.youtube.com/watch?v=8rQilgSHhds> – kneeling side bend stretch
- <https://www.youtube.com/watch?v=youf9SHU26g> – Dynamic RDL
- <https://www.youtube.com/watch?v=jboypelnEIU> – hip stabiliser
- https://www.youtube.com/watch?v=am-BVEfcU_0 – X stretch

Session 2:

- <https://www.youtube.com/watch?v=2CBSe0JTOKY> tuck your pelvis to engage your glutes 10 each side 3 sets.
- <https://www.youtube.com/watch?v=u85hclT0Ura> get some nice tension – 15 each side 3 sets. (if you gave a strong band for this exercise would be ideal) – cable machine is perfect too.
- <https://www.youtube.com/watch?v=LsdpbAy8Gig> 15 each side 3 sets. (cable machine or strong band)
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- <https://www.youtube.com/watch?v=MrhqWJhKHqk> 3 lower and 1 upper per rep (5 reps both sides)
- https://www.youtube.com/watch?v=pRZB4PnO_RE 3 turns and a 3 second push (5 reps both sides) push yourself to gain on the last turns (this can be a nice session warm down exercise)

Session 3: Speed bands: (<https://mcsport.ie/products/fitness-mad-studio-pro-safety-resistance-trainer-p-ftubesaf>) This is the band used in the videos.

Cable or band position (high to low) 2 sets of 15 on each exercise 80% speed – set 3 – 10 reps 100% speed

- <https://www.youtube.com/watch?v=4JpfvX5vcgQ> lunge stance push rotation (take note of feet set up)
- <https://www.youtube.com/watch?v=hnh1mXtqgaY> squat and row
- <https://www.youtube.com/watch?v=ss5yJPAu18> golf speed chops (arms straight throughout)

(low to high)

- <https://www.youtube.com/watch?v=7aLCeJMEFKo> squat and row
- <https://www.youtube.com/watch?v=CxobnYelL7Q> squat and press
- <https://www.youtube.com/watch?v=vSWFCevEuZQ> golf speed chops

Session 4: Kettle Bell circuit/speed stick session

- <https://www.youtube.com/watch?v=8weGKCO-KYw> kettle bell catches 3 sets of 10 each side (medium weight kettle bell)
 - <https://www.youtube.com/watch?v=LMjpnB899hQ> high rotations 3 sets of 10 both directions
 - https://www.youtube.com/watch?v=Ci_QbUOPhXE single arm thrusts – 3 sets of 10 each side
 - <https://www.youtube.com/watch?v=n7g0NEyveIU> kettle bell “golf” swings – 3 by 10 – just on your dominant side
 - <https://www.youtube.com/watch?v=WbwezpwXsX8> kettle bell momentum swings – use your legs for stability
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3 sets of each:

Standard golf stance speed swings:

Set 1: 5 swings on your dominant side and 5 swings on your non dominant side (light)

- Med ball rotation throws (against a wall) 5 each side / or band chop
<https://www.youtube.com/watch?v=ss5ylJPAu18>

Set 2: 5 swings on your dominant side and 5 swings on your non dominant side (medium)

- Med ball slams (10) or band squat and row:
<https://www.youtube.com/watch?v=7aLCeJMEFKo>

Set 3: 5 swings on your dominant side and 5 swings on your non dominant side (heavy)

- Med ball vertical throws (over your head) or squat and press:
<https://www.youtube.com/watch?v=CxobnYelL7Q>

Step change golf speed swings: (https://www.youtube.com/watch?v=EHgbxrsn3ts&list=UU_I06D-dN-Bh242j95e2VYg&index=91)

Set 1: 5 swings on your dominant side and 5 swings on your non dominant side (light)

- (week 1 and 2) 10 body weight squats
- (week 3 and 4) medium squat jumps
- (week 5 and 6) squat to jump as high as possible – take breaks between sets

Set 2: 5 swings on your dominant side and 5 swings on your non dominant side (medium)

- (week 1 and 2) 10 push ups
- (week 3 and 4) 10 incline power push ups –
<https://www.youtube.com/watch?v=KfSiFNehPqg>
- (week 5 and 6) 10 power push ups (from the floor – no incline)

Set 3: 5 swings on your dominant side and 5 swings on your non dominant side (heavy)

- 5 power jumps (jump as high as you can) each week try to become more explosive!

These programs work best when speeds can be measured – I highly recommend

<https://www.ubuy.ie/en/catalog/product/view/id/757229/s/sports-sensors-swing-speed->

[radar?gclid=CjwKCAjw7MzkBRAGEiwAkOXexEcF5u8ayquGgp4RQeAF1sne54xyEjvG0GZ3EDW5t6oOSP_yqZNfihoCdRwQAvD_BwE](https://www.youtube.com/watch?v=3ySR198PP8)

Conditioning Set: 1 -2 rounds – optional.

50: Jump Jacks

40: sit ups (seated on a swiss ball)

30: 15 light speed stick swings as fast as possible (both sides)

20: push ups

10: Golf Squats (a heavier dumbbell if available) <https://www.youtube.com/watch?v=3ySR198PP8>

