

## 12-WEEK STRENGTH TRAINING PROGRAM FOR GOLF PERFORMANCE, By Matt Scott, TPI Golf Fitness Instructor & Personal Trainer

		wk 1		wk 2		wk 3		wk 4		wk 5		wk 6		wk 7		wk 8 (unload)		wk 9		wk 10		wk 11		wk 12 (unload)	
Order/Supersets	Exercise	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight
A1	Squat Jumps	2x8		2x8		2x8		2x8		3x8		3x8		3x8		2x8		4x8		4x8		4x8		2x8	
A2	Back Squat	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
B1	Single Arm Row	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
B2	Shoulder Press	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
C1	Backwards Lunges	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
C2	DB Bench Press	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
D1	Inverted Row	2x max		2x max		2x max		2x max		3x max		3x max		3x max		2x max		4x max		4x max		4x max		4x max	
D2	Deadlift	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
E1	Cable Pallof Press	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	
E2	Cable Horizontal Rotations	2x8-10		2x8-10		2x8-10		2x8-10		3x8-10		3x8-10		3x8-10		2x8-10		4x8-10		4x8-10		4x8-10		2x8-10	

### NOTES

Perform a Warm Up at the start of this strength training program

Supersets - Perform exercise A1 followed by A2 (max 30 seconds rest between), rest 60 seconds and repeat A1 and A2 for the given number of sets before moving onto B1 and B2 etc

Straight Sets - Perform 1-2 warm up sets followed by 4x8-10 (i.e. 4 sets of 8-10 reps) with all 4 sets using the same weight/load

Increase weight/load - Increase weight/load by 2-5kgs once you have successfully completed 2 sessions at the higher rep range given

Unload weeks - Reduce the overall volume of exercise (i.e. less sets) but maintain weight/load used to allow for optimal recovery and adaptation

Cool Down - Perform a light cool down and stretches for all major muscle groups used in the program above