



BALANCE HEALTH PROGRAMS

Name:

Program: Functional Health – Golf Specific

Progressive program

Part 2

| # | Exercise | Reps | Sets | Load ? | ~ Rest |
|---|--|-------|------|--------|--------|
| 1 | Goblet Squat with Standing rotation <ul style="list-style-type: none">• Squat to 45'• Engage hips & core in the driving 'up' phase• Rotate using side muscle groups• Control smoothly – no speed | 10 | 3 | 20kg | 30 |
| 2 | Wall Squat Singel Arm Rotations <ul style="list-style-type: none">• Squat against a wall @ 45'• Brace core with shoulders back & down• Alternate opening up laterally | 16 | 3 | 7kgs | 30 |
| 3 | Stand & Row <ul style="list-style-type: none">• Lateral rotate with slightly flexion• Bend knees & embrace trunk• Use your back muscle groups• Complete the action with the supporting arm | 10/10 | 3 | 10kgs | 30 |
| 4 | Step & Rotate <ul style="list-style-type: none">• While kneeling, step out maintaining balance• Rotate to the side of the extended leg• Use core to stabilise• Alternate legs | 16 | 3 | 10kg | 30 |
| 5 | Standing Rotated Upright Row <ul style="list-style-type: none">• Stand and practice an upright with rotation• Start lightly• Use core with shoulders back & down | 12 | 3 | 15kg | 20 |

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