



# BALANCE HEALTH PROGRAMS

Name: Golf-Specific Strength & Balance Program

Program: ROUND #3

Progressive program

Designed by: Brad Pamp

*To be clear, this progressive routine aims to establish optimal **spinal & hip health towards golf tolerance**. It is not designed for general conditioning, weight management or the rehabilitation of structural interests.*

#	Exercise	Reps	Sets	Load ?	~ Rest
1	<b>Kneeling Barbell Shoulder Press</b> <ul style="list-style-type: none"><li>• Kneel on your right knee</li><li>• Shoulder press with your leg arm</li><li>• Plane towards the midline</li></ul>	10	3L/3R		10
2	<b>Kneeling Dumbbell Clams</b> <ul style="list-style-type: none"><li>• Kneel on your right knee</li><li>• Left hand next to left foot</li><li>• Open up the right arm holding DB</li></ul>	8L/8R	3		10
3	<b>Power Cord Squats/ Twist</b> <ul style="list-style-type: none"><li>• Attach power cord</li><li>• Squat holding the power cord</li><li>• Brace and hold your balance</li><li>• Rotate thru your spine – not arms</li></ul>	10/10	3		30
4	<b>Alternate DB Row/ Hip Extension</b> <ul style="list-style-type: none"><li>• Push ups position</li><li>• Right arm row – complete/ left leg hip ext</li><li>• Alternate</li></ul>	12	4		30
5	<b>Plate rotations with swiss ball</b> <ul style="list-style-type: none"><li>• Place swiss ball between legs</li><li>• Plate above head</li><li>• Controlled rotations</li></ul>	20	3	20kgs	20

*Brad Pamp*