



PRO GOLF WORKOUTS

**Golf Fitness Workouts and Nutritional Strategies
of the World's Best Golfer's**

BODY FOR GOLF

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PRO GOLF WORKOUTS



Most golfers are curious about what a pro workout might look like. After all, these guys and gals are the best of the best. They have access to the best trainers who specialize in movement and/or golf and they know how to achieve optimal results.

However, just like golf swing methodologies, players embrace a handful of different philosophies based on the trainer they work with and their preferred methods.

When it comes to training the pros, most fitness trainers are well adapt at understanding the biomechanics of the swing and an individual player's movement patterns, looking for inefficiencies.

These inefficiencies often lead to swing faults and with players having difficulties getting their bodies in various positions needed for a larger, more varied number of shot selections.

David Leadbetter says that a “good swing motion results from a chain reaction of good positions”. Being in poor physical condition interrupts this chain reaction.

You will see some similarities in workouts and strategies as well as some differences. You may know a few of these exercises and also learn some new ones.

At the very least, you will gain a new appreciation for the amount of work it takes to be one of the best players in the world.

Jordan Spieth

According to Damon Goddard, Spieth's fitness trainer, Jordan consumes between 3200 to 3700 calories every day. Here is what a typical day of nutrition looks like from his food diary.

Breakfast:

Loaded Vegetable Omelet: 3 eggs + 1/2 cup each of onion, green peppers, zucchini

Baked Sweet Potato: 1 sweet potato + 1/4 cup pecans + 1 tablespoon honey

Lunch:

Baked Tilapia: 6 ounces cooked fish + seasonings

Roasted Asparagus Spears: 15 spears + seasonings

Rice & Lentils: 1 cup steamed brown rice + 3/4 cup cooked lentils

Dinner:

Braised Lamb: 6 ounces cooked lamb + seasonings

Roasted Broccoli & Brussel Sprouts: 1 cup broccoli + 1 cup Brussels sprouts + 2 tablespoons olive oil + seasoning

Cooked Quinoa: 1 cup cooked

His trainer recommends 45 to 55 grams of lean protein where the main focus of meals is on nutrient density which means getting the most amount of nutrients compared to the overall caloric intake.

Snacks:

Jordan's preferred snack is home made granola. He also enjoys this on the course. It contains seeds, nuts, dried fruit, and spices. Each serving is roughly $\frac{3}{4}$ cup and he typically has 3 servings daily in between meals.

Here are the ingredients for his granola that he carries in his bag.

- Granola
- Almonds
- Pecans
- Organic honey
- Unsweetened coconut
- Virgin coconut oil
- Ground vanilla beans
- Cinnamon
- Little bit of sea salt

Advanced Nutrition Strategies

In November 2017, Jordan was interviewed by a reporter and featured by the PGA of Australia prior to the Emirates Australian Open. In it he revealed a number of top golfers had blood work done to help them understand what nutritional strategies they should be using.

Here is an excerpt.

KATHIE SHEARER:

We were just speaking to Jason Day, it was very interesting, he was speaking of you and saying to keep at this top level and to play at this top level, there's so much with your nutrition, with blood tests, everybody's trying to look for that little bit of an extra edge and he said you were in this program as well. Can you talk to us a little bit about that?

JORDAN SPIETH:

Yeah, I've spent a bit of time this off season, each year I lose 10 pounds, 10 to 15 pounds throughout the year. I'm trying to figure out a way to sustain weight and it's not that a big of a deal, but if your body changes, the likelihood of your swing changing a bit goes up, versus if you can maintain the same body structure, so I've done some blood testing, I've done some body testing and build a nutrition plan to try and put on some weight, this off season, some good weight. I've done an average job of it, I'm trying. It's hard to eat as much as I need to eat, which I don't get any remorse from people I talk to about it. I'm the opposite of what most people are trying to do, but it's the same kind of situation where I'm trying to get that right.

I know Jason has been on that for a while, Rory has been on that for a while, these guys have taken that to a new level. Henrik Stenson is another one who has shakes a lot of time on the course, just trying to maintain strength throughout a pretty difficult season each year. If you're competing a lot, it's mentally draining, which then makes physically draining as well. So, I'm just trying to work a little bit on it. I'm not really too crazy about it. I'm not turning off burgers and beer, but I'm just trying to get enough of the right stuff.

Jordan Spieth Workout Inspiration

Like many players, Jordan Spieth's workouts are designed to have him achieve peak performance for all the golf majors. While his training remains roughly the same throughout the year, there is some tapering around the majors.



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losdawgrealor Dude looks like he's added some noticeable muscle....nice work!!

ampdgolfperformance @losdawgrealor he has! When do we get to see you again!? Are you scratch yet?

losdawgrealor @ampdgolffitness lol not scratch yet but sniffing close to it (4.1



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JANUARY 25, 2017

Some of the key components of his training with Damon Goddard:

- circuit style training
- train movements, not muscles
- get 8 hours of sleep nightly
- always perform a 30 minute warm up engaging the muscles he will be using on the golf course

Here is a sample exercise that is quite challenging.



He starts on a line with both feet planted on the ground. He lifts his left leg off the ground and makes sure he is properly balanced on just his right leg. He then jumps as far as he can to the side while landing with both feet and facing the opposite direction. This is great to help build explosive lower body power. In order to do this properly, he would need excellent ankle stability as well as proper mechanics on how to build power from the ground up. Jordan can jump to roughly 70 inches.

Other exercises he likes for Jordan to do are solid strength exercises like deadlifts as shown here.



He also prefers crawling style movements. "Crawling patterns help reset the primal movement patterns in the body neurologically," Goddard says in an interview with Golf Digest.

"Even better, when you perform new exercises such as bear crawls, your nerve cells develop new connections with other nerve cells and enable the body to perform activities proficiently. From a golf-training perspective, improved function in the nervous system will allow you to do things that might have seemed awkward in year's past such as unwinding the lower body while the upper body is still completing the backswing. Better stability in the core and shoulders also will allow you to make a better turn and swing the club safely at faster speeds."

Half Bear Crawl

Notice his knees do not touch the ground while he walks forward. This is a great exercise to engage your core.



Half Crab with Rotation

This is also another favorite exercise his trainer likes for Jordan. From the Bear Crawl position, rotate your left leg back and reach your left arm out and across your body.



Credit: www.ampdgolffitness.com.

Bubba Watson

One of the PGA Tour's longest drivers with an average over 300 yards (306 yds. to be exact), Bubba Watson has some unique and unconventional ways to practice. He is most known for never having had a golf lesson, yet managing to be a victor in 7 PGA tour wins including two victories at the Masters. He currently maintains a world ranking in the top 5.

One of his long time practice habits is to play an entire practice round with one club. While this may sound a little crazy to some, his goal is to master every kind of shot with every kind of club. By playing with only one club, it also forces him to be creative with each club and focus on how to score from unusual situations.

Do you remember his now famous shot at the Masters in 2012 when he hit it into the thick pine straw and seemed to have an impossible recovery shot? He hit it beautifully out of that ridiculous lie and right onto the green. He credits that particular shot from his unique practice style as he was very familiar with hitting his wedges from every possible scenario.

Off Course Strategies

Several years ago, Bubba realized he had more to give the game of golf, but it was time to get more serious about his fitness and nutrition. He was a self proclaimed food lover having admitted to eating a piece of chocolate cake every night when he dined at restaurants. He finally gave up his burgers and fries and replaced them with protein powder, coconut water, salads and superfoods to lose 30 lbs. and start playing more often in contention for big wins on tour.

He also set aside 45 to 60 minutes, 6 days a week for exercise. At 6'3" and over 200 lbs., he paired down to just under 180 lbs. He also got rid of regular bouts with heartburn by replacing all of the fast food he was eating with a clean and healthy diet.

Bubba Watson's Regular Diet

- Follows a strict low glycemic diet to manage his blood sugar levels
- Eats a healthy protein, heart healthy oil, and whole grain for breakfast

Bubba's Typical Game Day Breakfast

- High Fiber cereal (one bowl)
- Yogurt
- English muffin with peanut butter

According to his trainer, "I had Bubba in the gym 6 days a week regardless if he is competing or not. We weren't lifting weights every day. One day was dedicated entirely to cardio. Another day to mobility and therapeutic work, next day to corrective exercises. Strength; stability training, and power and balance were incorporated within each session."

"Fitness has made me a better player. Made me more sound and in tune with my body. I have more energy coming down the back nine..."

Bubba Watson

Occasionally, Bubba would have a warm up early in the morning before his round and then train after his round the same day. Two-a-days are not uncommon for the two-time champion.

"Bubba also has some type of therapeutic modality treatment after each tournament round. His body is his business. It's his company. It's how he

makes money. It must be treated as such. That goes for any golfer regardless of skill level.”

Here are some of the exercises that were recommended.

- Lateral Bounding with Trunk Rotation. This enhances leg stability and upper body mobility, improves balance, and promotes proper golf weight transfer.
- One-Leg Bridge. This specifically targets glute activation and builds overall glute power.
- Stability Ball Plank. This promotes abdominal activation and core strength.

Shoulder Flexibility:

- Assisted Deep Squat, which provides a tremendous stretch through the lats and shoulders. Can be performed with a long club or golf cart.
- Exercise Ball Prayer Stretch, which promotes increased shoulder mobility and lengthens the lats. This will ultimately result in a larger, fuller turn in your backswing.

Hip Flexibility:

- Prone Glute Stretch, a stretch similar to a yoga pigeon pose. Improves "ROM" (range of motion) in the hip joint and flexibility in the hamstrings.
- Reverse Toe Touches, an exercise that affects hamstring tightness and indirectly leads to increased hip flexibility.

Rory McIlroy

Off Course Workout

Rory McIlroy did not have a history of working out when we began his career in professional golf. He was considered a 'classic skinny-soft golfer' with some natural ability.

But, back in 2010, he realized he could see more benefit to his game by producing more power through fitness. Like many golfers, he had right and left side discrepancies. His right side was more dominant with his left side far weaker. He began with a lot of single leg and arm work which helped create more balance in his body.



With a 5'10 frame and 160 lbs., he now regularly drives more than the 300 yards.

Here's a peek into one of his workouts.

- Standing Bird Dog (for mobility)
- Arm Circles (to warm up shoulder joints)



- Exercise Bike (general warm up)
- Dynamic Stretch (for posterior chain)
- Hex Bar Deadlift
- **Box Jump**
- Swiss Ball Dumbbell Pullover
- Pushup to Hand Walk to Renegade Row
- Kneeling Swiss Ball Core Rotation and Chest Pass Drill



Susan's Notes:

There are two exercises you will see the majority of players perform. One is the Standing Bird Dog (see photo 1). There are a number of variations for this exercise. However, the goal is the same. It is to help build balance and stability for golf. It will challenge your core and also forces you to use one leg-one arm at a time to address any discrepancies from upper body to lower body and left to right.

The second exercise is box jumps.

You will notice all the young players doing these. The older players-not so much. It is great for building explosive power in the lower body.



Henrik Stenson

“If I do another 20 pounds on the bench press, it’s not going to guarantee me another birdie.”

“Come tournament time, stretching and warmups for a minimum of five days and sometimes as many as six. When I step on the range, I’m ready to go.”
(based on an interview he did recently with a reporter for the Orlando Sentinel)

The competition gets harder every year and every player is looking for an edge and an opportunity to keep their careers going longer. Hitting it further is important, but so is staying injury-free and recovering quicker.

Henrik has also found benefits that carry over to the mental side of the game.

A sample workout for him includes:

Warm up on the treadmill with a light jog (speed of 2.5 km an hour)

-The Dragon (good for balance and stability), 12 per side

-Russian Twist, 15 per side

-Hop side to side (good for balance and rhythm), 15 per side

-Standing side turn

-Swiss ball back extensions with a twist

-Captain’s chair lifts (he calls it ‘hanging belly)

-Lying side crunches (lateral lifts)



Watch this video to see the exercises

https://www.youtube.com/watch?time_continue=444&v=EhYFJI_hZFE

His entire routine is just 7 ½ minutes long and should be sufficiently challenging.

Susan's Notes:

I like the majority of the exercises that Henrik is performing. I love the Russian Twist exercise, but I only recommend it to golfers who have a really strong stable base first. I consider it an advanced exercise because your spine MUST be straight. Watch the video and see how solid his

posture is. Most golfers will have a rounded back when trying to do this exercise and then it becomes unsafe. It is definitely an exercise you work up to.



Standing Side Turn

Phil Mickelson

Phil Mickelson is one of the most popular players on tour with 43 wins along with 5 majors. At the age of 47, he is still going strong and his dedication to fitness has been consistent over the years. His most current goals are to drop 20 pounds and increase his ball speed 10 mph.

Off Course Workout

Phil Mickelson has been working with his long term trainer, Sean Cochran, since 2003. While his goals have changed from year to year, his primary focus now is on losing weight and getting his body in prime golf condition. Phil currently works out 4 days a week for roughly 75 minutes. Here's what a typical workout looks like according to his trainer.

- Myofascial release (foam rolling): 5 minutes
- Static stretching: 5-10 minutes
- Dynamic warm up (bodyweight movements like lunges, pushups, etc.): 5-10 minutes
- Power sequence: 10-15 minutes
- Core sequence: 10-15 minutes
- Total body strength sequence: 10-15 minutes

His routine focuses on training movements, not muscles like many sports trainers advocate.

The power sequence has exercises that focus on strength and speed like plyometrics and throwing a medicine ball against a wall.

In the core sequence, there are exercises for stabilization and rotation, especially for high speeds.

In the total body sequence, there are exercise combinations like dumbbell squats paired with shoulder presses so the upper body can rest while the lower body is active.

Susan's Notes:

I have met and corresponded with Phil's trainer on several occasions. He attends lots of athletic conferences and usually speaks/presents at the Titleist World Golf Summit. He works with an impressive list of golfers and baseball athletes which is his other specialty. Here is the list of many of his clients.

<https://seancochran.com/client-list/>

If you want to learn more about this training methods, he also sells video/dvd packages of his training at the above link.

Gary Player

Gary Player is among the most well recognized golfers in history. At the age of 82, he has been a long time health and fitness advocate and one of the few golfers who embraced this lifestyle from his early days on tour.

The result? He has won an impressive 9 major championships on tour in addition to 6 Champions Tour events. After winning the 1965 U.S. Open, he became the only non American to win all four majors to achieve a career Grand Slam. Today, he is still recognized as one of the five players in history to win the Grand Slam along with Ben Hogan, Gene Sarazen, Jack Nicklaus and Tiger Woods.



Here are some other interesting notes:

-In 2000, Player was ranked as the eighth greatest golfer of all time by Golf Digest magazine.

-In 2002, Player was voted as the second greatest global golfer of all time by a panel of international media, golf magazines and fellow professionals conducted by the leading Golf Asia Magazine.

-On April 2009, he played for the last time in the Masters, where he was playing for his record 52nd time — every year since 1957 except for 1973, when he was ill. After Nicklaus and Palmer, he was the last of the Big Three to retire from this tournament, a testament to his longevity.

Player's Workout

According to Player, 'nutritionists will be the new trainers. Diet is 70% of the fitness puzzle'. He still follows a mostly vegetarian diet and keeps his body in peak shape by exercising daily.

In 2011, based on an interview with the Wall Street Journal, Player revealed his workout as follows:

- 1,000 sit ups and push ups every morning
- An hour of exercise, five or six days a week, including stretching and cardio
- Stair-climbing, jogging on a treadmill
- Swimming
- Strength workout that includes squats, lunges, free weights, and a stability ball workout
- 20-30 minutes of meditation daily

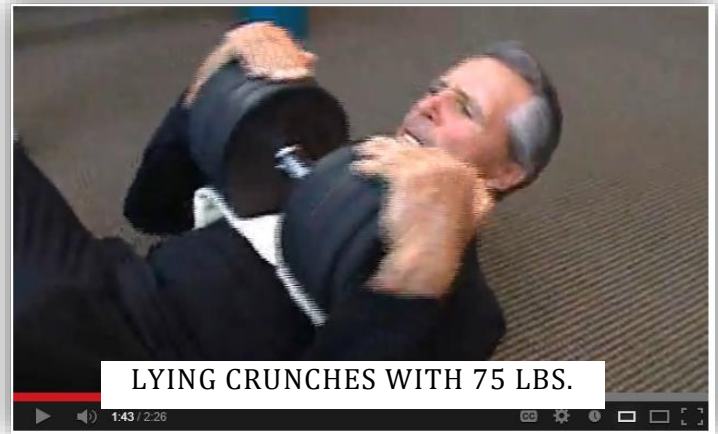


The Early Years

Player remembers those early years when weight lifting was discouraged because golfers weren't concerned athletes and there was fear that fitness might interfere with good play. Yet he recalls squatting 325 lbs. the night before the U.S. Open in 1965 which he went on to win!

In his younger years, he focused on his core along with strength building for his forearms and legs. He stayed away from building his chest too much for fear it would restrict his turn on the backswing.

Today he has a much more robust workout that keeps him busy and his body balanced for longevity.



Here is what a typical work out looks like:

- 3 sets of 20 to 25 repetitions of lunges and squats
- 3 sets each while holding light weights
- 1,000 sit ups on the floor with weights or on a stability ball
- Back extensions
- Wrist Curls (with 20 lb. dumbbell)

He maintains a mostly vegetarian diet and feels he has a lot more energy when he doesn't eat meat. By eating lots of fruits and vegetables, his cholesterol is lower, he needs less sleep and his stomach functions much better. He also believes an older man should be a thinner man to maintain his overall health. He used to weigh 155 when he was in the prime of his playing career and now maintains a lower weight near 144 lbs.

He keeps his home gym equipped with a weight bench, some free weights, an exercise ball, stretch bands and a few cardio pieces like a stationary bike and treadmill.

Sam Snead



Sam Snead left us in 2002, but his legend and what he did for golf will live on forever. With a record 82 wins, he was long known for his smooth, rhythmic swing and ‘one of the most fluid motions ever to grace a golf course.’ Although he won 7 majors and set many records, his greatest regret was never winning the U.S. Open.

Many regarded him as the undisputed champion of ageless golf. While it is widely known that with age comes a loss in flexibility, Sam was one of the most flexible golfer’s who ever played the game.

And, not just compared to the old guys either. His flexibility was more impressive than many golfer’s less than half his age.

Snead had a record 17 wins after the age of 40. It was eventually broken by Vijay Singh in 2007 with this win at the Mercedes Benz Championship.



“Slamming Sammy” was 5’10” and 180 lbs. and could kick the top of a 7 foot doorway while in his 70’s. His flexibility was a true gift. ‘When I swing the golf club right, my mind is blank and my body is loose as a goose.’

Susan’s Notes:

‘Stretch, stretch, and stretch again’ is the advice of Gary Player. Sam Snead’s advice is to play ‘loose as a goose.’ Regardless of how many times you have heard it, the questions remains ‘how many times a day/week/month do YOU stretch?’

Most swing faults are related to lack of flexibility in either the hips, shoulders or spine. If you are lacking distance off the tee, no doubt there is a flexibility component to the solution. And don’t forget our bodies are all different. You will have tight muscles pulling against other muscles. Flexibility allows your body to stay and play in balance.

Rickie Fowler

Rickie Fowler finally got his big win recently for his first PGA title at the Wells Fargo Championship. At 150 lbs. on a 5'9" frame, he has been preparing to win since his debut in 2009.

Rickie is quite serious about his fitness efforts and according to his trainer, he never misses a workout. Here is what a full workout week (non tournament) looks like for Rickie Fowler.

Off Course Workout

MONDAY – Power

- 20 minutes on the spin bike
- Kicks X 10
- Arm Swings X 10,
- Green & Purple Bands Sequence X10,
- Kettlebell Swings 30lbs between Legs to shoulder height X 10
- (Squeeze Glutes at The Top of Move)
- 16lb Med Ball Low to High Rotation X 10 each side
- Tri-Plane Lunges 1 set 5 reps each position
- Body Weight Squats – 1 set X 20 reps
- Box jumps 1 set X 20 reps SS w/Heel Taps 1 set X 15reps
- Dumbbell Deadlifts – 1 set X 20 reps 20lbs
- Front Dumbbell Squats to bench – 1 set X 15 reps 20lbs
- Superset w/Push Press (Overhead Dumbbell Press) 1 set X 15 reps
20lbs
- Box Jumps 1 set X 10 reps SS w/Heel Taps 1 set X 10reps
- Dumbbell Deadlifts – 1 set X 15 reps 25lbs, 1 set X 10 reps 30lbs

- Superset w/Incline Reverse Crunch 1 X 15, 10
- One-Arm Dumbbell Hang Clean & Press (Power Clean & Press from Knees to Overhead) – 1 set X 10 reps 25lbs
- Superset w/Janda Crunches 1 X 15 – 20 20lbs 1 set X 10 reps 30lbs
- Split Jerks (Shoulder to Overhead w/Split Squat) alternating legs – 1 set X 5 reps to each leg 20lbs
- Tri-Plane Jumps 1 set X 5 reps in each position (Load glutes and explode back to start position)
- Alternating Chest press on ball – 1 X 20 reps 20lbs
- Functional Lateral Raise 1 X 15 10lbs
- Overhead Triceps Extension, use purple band looped through handle – 1 X 15
- Alt Arms Wide Grip Pulldowns 1 X 15 lbs
- One-Arm Staggered Stance Dumbbell Row 1 X 10 reps 25lbs
- Alternating Chest press on ball – 1 X 15 reps 25lbs
- Functional Lateral Raise 1 X 15 10lbs
- Overhead Triceps Extension, use purple band looped through handle – 1 X 10

TUESDAY- 30-40 minutes on the spin bike – Stretch Matrix

WEDNESDAY – Strength/Endurance

- 20m treadmill shuffle program
- 5 Segment Bridge X 5 Tabata 1 Legged Bridge X 4 – 30 sec hold
- Side Planks X 2 – 20 second hold
- Lying Leg Thrusts X30
- Balanced Torso Twists X30 – 20lbs
- Lateral Flexion X20
- Bent Arm Planks w/Rotation X 3

- Cat/Cow X 10
- Kneeling Lateral Flexion X 10
- Opposite Side Superman's 1 X 15 each side/
- Same Side Superman's 1 X 10
- Child Pose to Hero X 5 2breaths (Up on inhale, down on exhale)
- Front Lung w/Knee Reach to Back Lunge w/Overhead w/6lb medicine ball X5
- Side Lunge w/Same Side Overhead/Opp. Side Cross Body Reach w/5lb X10
- Transverse Lunge w/Shoulder Hgt Rotational Reach to Big Crossover w/Low Opposite Side Rotational Reach w/6lb med ball X5
- One-arm Staggered Stance Chest Height Row 1 X 20 50lbs
- Cable Woodchops-Down Stroke X20 50lbs
- Backswing X20 40lbs
- Red Power Band Tri' & Bi's 1 X 20
- Speed Split Squats X10 each leg
- Single-Leg Cable Crunch 1 X 20 70lbs
- Side to Side Jumps X10 each leg
- Wide Grip Pulldowns 1 X 15 70lbs
- Bosu Ball Crunch 1 X 15
- Curl Grip Pulldowns 1 X 15 70lbs
- Bosu Ball 1 Legged PushUp 1 X 15 (tournament weeks do 1 set X 20, both legs)
- Transverse Jumps X10 each leg
- Oblique Cable Throws 1 X 15 80lbs
- Wide Grip Pulldowns 1 X 10 70lbs (tournament weeks leave this grouping out)
- Bosu Ball Crunch 1 X 10
- Curl Grip Pulldowns 1 X 10 70lbs
- Bosu Ball 1 Legged Push Up 1 X 10 (Use Other Leg)

- Staggered Stance Multi-Plane Press Hip to Overhead Alt Legs X2 15lbs

THURSDAY: 30-40 minutes on the spin bike – stretch matrix

FRIDAY – Full Body Functional

- 20-minute treadmill shuffle
- Straight Leg Bridge on Ball X 5 – go with your breath
- Straight Leg Bridge on Ball w/Arms straight up and pressing ball between hands X 5
- Single Leg Bridge on Ball w/opposite side leg lift X 10 each leg
- Straight Leg Bridge on Ball w/Pelvic rotation X 5 each side – go with your breath
- Leg Curls on Ball X 10 superset w/Side to Side torso twists X 5 - keep shoulders on ground
- Single Leg Curls on Ball w/opposite side leg lift superset w/torso twists w/opposite side arm reach X 10 – 10lbs
- Lying Leg Thrusts X 30
- Balanced Torso twist X 20 – 20lbs
- Lying Lateral Crunches w/Shoulders extended X 20 – 20lbs
- Janda Crunch X 20 – 20lbs
- Plank Sequence 15 seconds each position – 8 cycles – 2 regular side planks – 1 pulse – 1 leg lift
- Child to Hero Pose X 3
- Kneeling Elbow Drops X 10
- Kneeling Superman's X 15
- Roll, Reach & Shoulder Lifts on Ball X 10
- Total body load superman's in pushup position X 5
- Scapular retraction in pushup position
- Posterior Lunge w/Same Side Overhead Arm Drive w/yellow band X 10
- Front lunge w/Same Side Dumbbell Toe reach X 10 – 10lbs

- 45* Lunge w/12lb Body bar turning both ways X 5, limit ROM when turning into shoulder, take it to the point where there is no pain. If you still have discomfort discontinue that turn and complete the rest.
- Transverse Lunge w/Pivot & Press X 10 – 20lbs
- Golf Stance w/2second Alternating Arm load superset w/Double Arm load X 10 w/Yellow band
- Elbow Plank on Ball w/Saws & Circles X 5 superset w/ Kettlebell
- Walk in Upside-down press X 5 in both direction – Repeat entire sequence
- Tri-Plane Rotary Cuff X 10 in Runner & Overhead positions, X 15 in
- Backswing & Follow thru – w/ green band
- Tri-Plane Toe Touches X 10 w/green band
- Shoulder Sequence w/Yellow Band – Overhead – In front of Body - Behind Body X 10
- Kneeling Glute Activation w/Grey Band X 20

SATURDAY: 30-40 minutes on the spin bike – stretch matrix

SUNDAY: Off

Justin Thomas

Pound for pound, Justin is considered the longest driver on tour. He hit a 413 yard drive at the WGC Bridgestone in 2017. When you consider he is only 5'10 and 140 pounds, then you ought to be really impressed!

He has moved up the ranks quickly and as of March 2018, he is the number 2 golf in the world. His trainer is Tyler Parsons. Parsons also trains Kenny Perry.

He has also been training at the Joey D Performance Center. Joey D is one of the most recognized trainers on tour who you may have seen on the Golf Channel. He also trains Dustin Johnson, Rory McIlroy and Jordan Spieth.

Here are some of the exercises he performs.

- Cable back pulls with a split stance (photo 1)
- Box jumps (photo 2)
- Hip circles (photo 3)
- Bicep curls on BOSU



His trainer focuses on mobility, flexibility, stability and strength.

-Low to high back pulls



-back pulls with bands



-mountain climbers with BOSU



-band cross body pulls



-one legged medicine ball throws



-walking lunge rotations



Dustin Johnson

With a recorded drive of 489 yards, Dustin Johnson is often considered the longest driver on tour. At 6'4" and 190 lbs., he trains hard to be the best he can be. He is known for his intensity and constant drive to improve.

He has been training with Joey Diovisali for the past 7 years. Here's what a typical training week looks like.

Monday:

Squats, deadlifts, cleans and medicine ball exercises.

Examples of med ball exercises include overhead slams on one leg, side to side med ball throws and reverse pivot slams.

Monday is one of his most intense days where he also does a spin cycle for half hour before lifting.

A typical progression with squats will start low and increase weight progressively with each set. (ex. 135 lbs. to start, next set at 185 and increasing to 255-275 lbs.)

Tuesday:

Dumbbell presses on a stability ball

Torso twists with weight

Pushups with a full rotation

TRX press

Wednesday:

Inverted pull ups

Olympic barbells

Work on thoracic rotation

Three days a week they focus on power training. Then they transition to "neurological training,"

Thursday through Saturday. The focus shifts to "muscle awareness" exercises. These exercises are often on one foot, or with his eyes closed, or both. The purpose is to concentrate on feeling a specific muscle contracting, such as a glute or an abductor or the deeper muscles of the body like those that protect the spinal column.

He also does exercises where he has to resist gravity or external loads. Resistance training is believed to help him decelerate his powerful swing safely.

He currently works out roughly 6 days a week for approximately 15 hours total. It is not uncommon to perform 2 a day workouts.

Resources

<https://blog.myfitnesspal.com/eat-like-major-champion-secret-behind-elite-golfer-jordan-spieths-diet/>

<https://www.pga.org.au/media-centre/transcripts/transcript,-jordan-spieth,-2017-emirates-australian-open>

<https://www.cbssports.com/golf/news/fitness-and-nutrition-are-taking-rising-golfer-jon-rahm-to-next-level/>

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