

Fit to Play™ Golf

Improve Fitness & Lower Your Score

- ▶ MORE THAN 250 COMPREHENSIVE EXERCISES
- ▶ OVER 650 PHOTOS AND DIAGRAMS



by Nina Nittinger & Carl Petersen



Fit to Play_{TM} Golf

Improve Fitness & Lower Your Score

by Nina Nittinger & Carl Petersen



NEUER SPORTVERLAG

Table of Contents

[illegible]

Quick Sample Warm-Ups	47	- Lateral Bridging with Hip Raise	79
Cool-Down & Post-Training Conform Stretching	48		

Basework & Bridging C	80	- Supine Bridge over Physio Ball & Diagonal Pulls	10
- Base Work Supine / Lying on your back		- Supine Bridge with Back Extension & Arm Extension	10
- Tighten & Scapular Retractions	80	Upper Core Stability-Proper Posture Helps Technique	10
- Supine Bridging & Double Arm Diagonal Pull	81	Brief Anatomy Lesson	10
- Quadruped Bridge & Knee Circles	81	Upper Core Stability	10
- Quadruped Bridge Opposite Arm & Leg raises	82	- Shoulder Rows	10
- Quadruped Bridge & Torso Rotations with Band Resistance	82	- Shoulder Retractions Letter I	10
- Prone Bridging on Forearms & Toes	83	- Shoulder Retractions Letter A	10
- Prone Bridging with Single Arm & Leg Raise	83	- Shoulder Retractions Letter T	10
- Prone Bridging with Torso Rotation & Arm Raise	84	- Shoulder Retractions Letter W	10
- Lateral Bridging with Knee Drive & Arm Raise	84	- Shoulder External Rotations	10
- Lateral Bridging with Arm & Leg Raise	85	- Serratus Punch with Lunge	10
Ball, Bands & Balance Bridging A	86	- Shoulder Diagonal Pulls	11
- Quadruped Bridging with Wobble Board	86	- Shoulder Depressions	11
- Prone Bridging on Knees or Toes Forearms on BOSU® ball	87	- Scapular Retractions	11
- Prone Bridging & Knees Up Forearms on BOSU® ball	87		
- Supine Bridging & Ball Squeeze Feet on Unstable Base	88		
- Lateral Bridging on Unstable Base	88		
- Lateral Bridging on Unstable Base with Leg Raise	89	Connecting Your Core for a Stronger Game	11
- Supine Bridge & Shoulder Retractions 3 Positions	89	- Injury Concerns for Golfers	11
- Supine Bridge with Ball Squeeze & Diagonal Pulls	90	- Importance of the Core	11
- Sit Downs / Eccentric Abdominals	90	- Why Connect the Upper & Lower Core?	11
Ball, Bands & Balance Bridging B	92	- Benefits of Connect Your Core Stability Training	11
- Quadruped Bridging & Push-Ups on Unstable Base	92	- Warm-Up First	11
- Supine Bridging Feet on Unstable Base	93	Connect Your Core A	12
- Lateral Bridging on Unstable Base with Knee Drive	93	- Supine Bridging & Ball Squeeze with Single Arm Diagonal Pull	12
- Kneeling Resisted Hip Internal Rotation	94	- Supine Bridge & Medicine Ball Arm Raise with Stretch Band	12
- Kneeling Resisted Hip External Rotation	94	- Supine Bridging & Single Arm Band Pull with Ball Squeeze	12
- Seated Horizontal Torso Twists	95	- Quadruped Bridge & Single Arm Raise with Band Resistance	12
- Lateral Bridging with Resisted Arm Raise	95	- Quadruped Bridge & Resisted Torso Rotations on Unstable Base	12
- Supine Bridge & Upper Torso Twist Holding a Ball	96	- Split Squat on Ball with Resisted Torso Rotation	12
- Supine Bridge & Hamstring Pull Ball between Knees	96	- Lateral Sit-Ups on Ball	12
- Prone Bridge Feet on Ball & Knee Tuck	97	- Ball Squats & Shoulder External Rotation	12
- Lateral Bridging on Physio Ball & Leg Lift	97	- Split Squat & Shoulder Upright Single or Double Arm Rows	12
Ball, Bands & Balance Bridging C	98	- Squat & Shoulder Forward Press	12
- Quadruped Bridging & Push-Ups on Unstable Base	98	Connect Your Core B	12
- Supine Bridging with Balls, Bands & Torso Rotation	99	- Supine Bridging & Ball Squeeze with Double Arm Diagonal Pull	12
- Lateral Bridging on Unstable Base with Arm & Leg Raise	99	- Supine Bridge over Physio Ball & Knee Extension	12
- Seated Hip Internal Rotation & Adduction	100		
- Seated Hip External Rotation & Adduction	100		
- Seated Diagonal Torso Twists	101		
- Supine Bridge with Ball Squeeze & Diagonal Pulls	101		
- Supine Bridge & Torso Rotation with Ball Squeeze	102		

Table of Contents

- Prone Bridge Feet on Ball & Walk Arms Out	127	- Lateral Bridging on Ball & Leg Lift	148
- Supine Bridge & Medicine Ball Torso Rotation with Stretch Band	128	- Split Squats with Ball at Back	148
- Split Squat on Ball with Straight Arm Torso Rotation	128	- Single Leg Squat & Resisted Shoulder Flexion	149
- Ball Squats with Ball Squeeze & Shoulder External Rotation	129	- Sumo Squat & Double Arm Raise	149
- Split Squat & Shoulder Press	129		
- Split Squat & Shoulder Forward Press	130		
- Squat, Ball Squeeze & Shoulder Forward Press	130		
- Squat, Ball Squeeze & Lateral Raise with Bicep Curl	131	Medicine Ball Drills to Improve Your Game	152
Connect Your Core C	132	- General Warm-Up	153
- Supine Bridge & Hamstring Pull with Stretch Band Diagonal Pull	132	- Medicine Ball Training Program A (Alignment Strength & Stability)	154
- Supine Bridging & Double Arm Band Pull with Ball Squeeze	133	- Medicine Ball Training Program B (Balance Strength & Stability)	155
- Split Squat on Ball with Bent Arm Torso Rotation	133	- Medicine Ball Training Program C (Connected Core Strength & Stability)	156
- Ball Squats with Ball Squeeze & Shoulder Diagonal Pull	134		
- Split Squat & Shoulder Diagonal Pull	134		
- Split Squat & Shoulder Lateral Raise	135		
- Split Squat & Torso Rotation	135		
- Squat, Ball Squeeze & Shoulder Elevation	136	Cross Training for Golfers (45-55 Minutes Fitness)	160
- Split Squat & Shoulder Forward Press with Ball at Side	136	- Workout A – 45 Minute Fitness	161
- Squat, Ball Squeeze & Double Arm Diagonal Pull	137	- Workout B – 55 Minute Fitness	163
Connect Your Core D – Knee Stability Focus	138	- Workout C – 55 Minute Fitness	166
- Side Lying Hip Abduction with Ball Squeeze	139	Workout Tips	169
- Supine Bridging & Hamstring Pull	139		
- Wall Squats with Ball at Back	140		
- Sumo Squats with Ball at Back	140		
- Single Leg Squats with Ball at Back	141		
- Dynamic Hip Hikes with Ball Pull Down	141		
- Dynamic Hip Hikes with Ball at Back	142		
- Single Leg 1/4 Squat with Ball at Side	142		
- Split Squat & Diagonal Torso Twist with Ball	143	Smart Stretching Guidelines	172
- Split Squat & Shoulder Diagonal Pull	143	- Whirlpool stretches	172
Connect Your Core E – Hip Stability Focus	144	- Conform stretching (pre-activity)	173
- Clamshell Hip Abduction	145	- Conform stretching (post-training)	173
- Side Lying Hip Abduction	145	- Slow, static stretching	176
- Side Lying Hip Adduction	146	- Lower body stretches	176
- Quadruped Bridge & Single Leg Extension with Forearms on Ball	146	- Upper body stretches	177
- Prone Bridge Feet on Ball & Walk Arms Out	147	- Facilitated partner stretching	177
- Lateral Bridging on Ball	147	- Fit to play Golf – Training tips	178
		Rules of Stretching	179



**Soft Tissue Release
with Small Ball (Muscle and Fasciae)**

- Choose the right size ball
- Precautions and contraindications
- Getting started

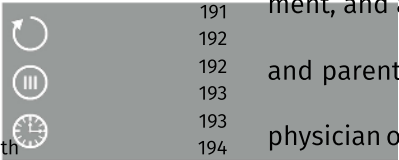
182
183
183
184

Rules of Recovery for Golfers

- Rules of Recovery
- Re-Hydrate
- Re-Fuel
- Re-Align the Body
- Recovery Work
- Release the Soft Tissue
- Regain and Maintain Muscle Length
- Re-Set the Balance Clock
- Re-Connect the Core
- Reinvigorate with Hydrotherapy Menu
- Resynchronize during Travel

Conclusion

190
191
191
192
192
193
193
194
194
195
196
197
199



- Publishing information
- Production
- Photo credits
- Selected References
- About the Authors

200
200
200
201
208

The contents of this book are not intended to be

used as a substitute for medical advice from a qualified professional. All matters regarding your health require proper medical supervision.

For specific medical or training advice and treat-

ment, and as a general rule, athletes, coaches and parents should personally consult with a physician or other appropriate healthcare professional before beginning any exercise program, including the ones described in this book.

The authors and publisher specifically disclaim

any liability or responsibility for loss, injury or damages, personal or otherwise, which are allegedly incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

- Example A: 1-4-1 Tempo

1 second muscles lengthening / 4 seconds hold /
1 second muscles shortening

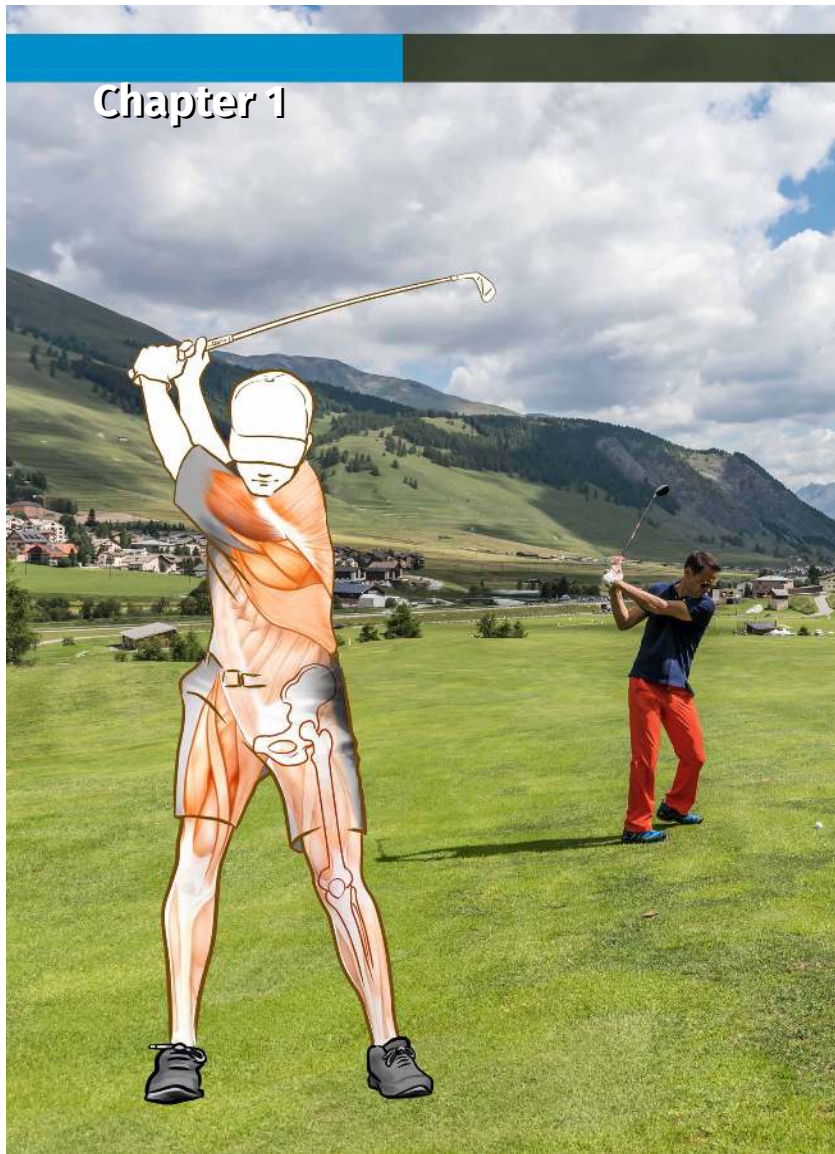
Fit to Play (TM) is the registered trademark of

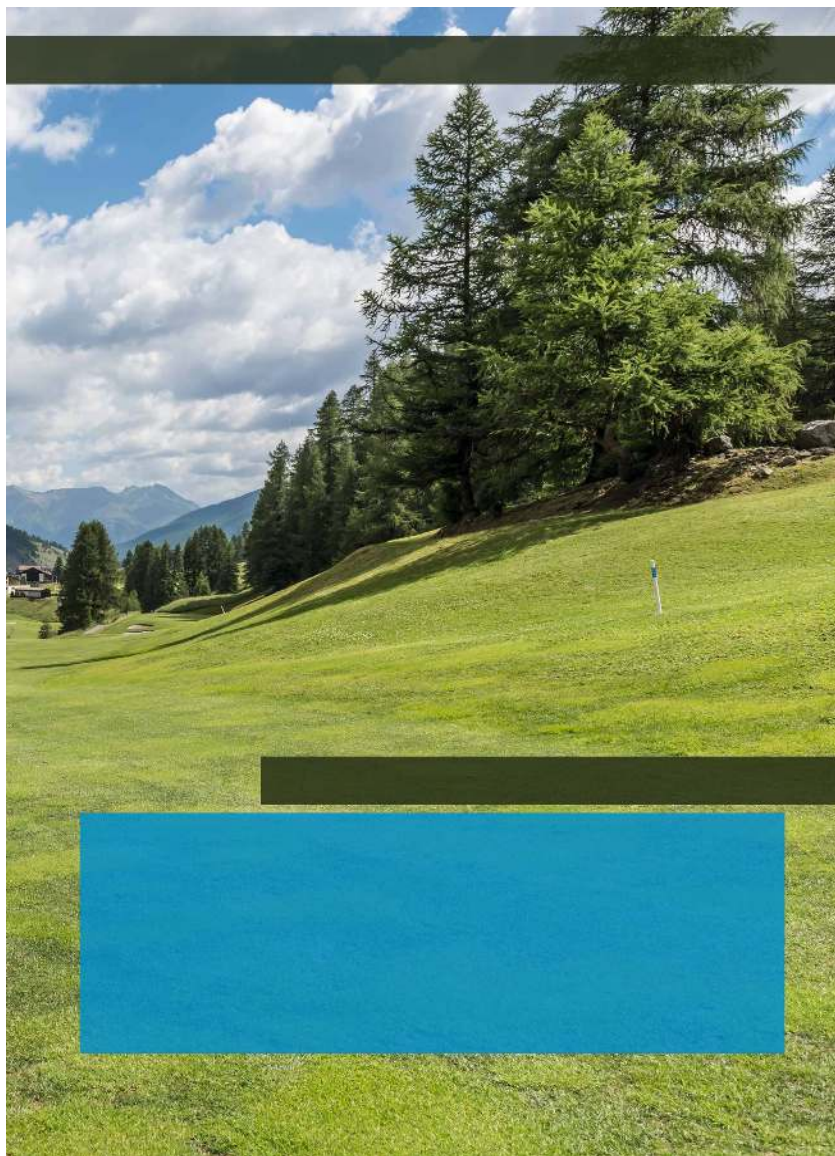
Example B: 3-5-0-5 Tempo
3 seconds muscles lengthening / 0 seconds hold /
5 seconds muscles shortening

- Example C: 3-0-1 Tempo

to Play in the Vastine, Canada /
1 second muscles shortening

Chapter 1





Making Yourself a Better Golfer

*To play better more consistent
golf & perform your best on the
course you must be Fit to Play™*

Making Yourself a Better Golfer



Introduction

Making Yourself a Better Golfer

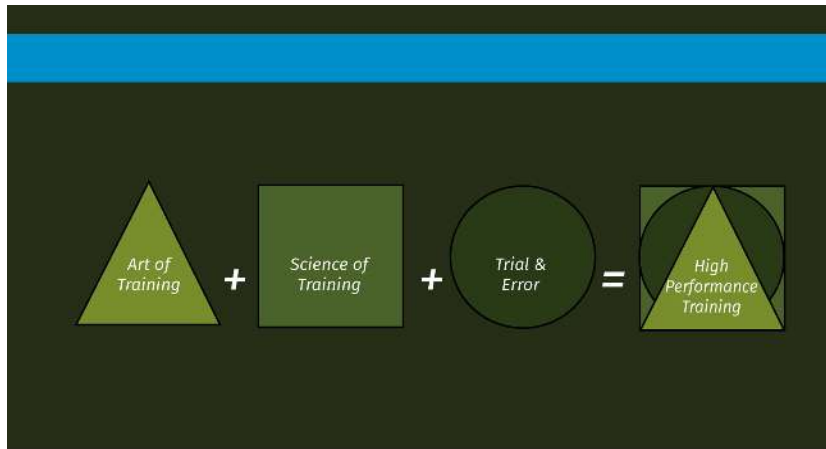
Golf is an amazing lifetime sport played all around the world in spectacular settings. Tens of millions of people enjoy playing throughout their lifetime from childhood until well past retirement age. The game brings together and challenges individuals from different social strata's, backgrounds and all walks of life. Players of all ages and abilities play socially or in a competitive environment.

Golf is a sport with demands in many of the principle physical fitness components including flexibility, aerobic stamina, power, strength, speed and skill. With the changing nature and demands of golf fitness training and an increased participation by a wide age range of players we must be pro-active in our training plans to ensure that the needs are met for all of the physical components responsible for per-

Golf's popularity has led to analysis and research striving for an increased understanding of the physiological demands of the game as well as in equipment innovations. Proper technique and good equipment help build a solid game. But another important and often overlooked component is physical training.

formance both on and off the golf course.

If you want to improve your golf skills and on course performance, you must improve the specific physical abilities that make up your golf swing. That means you need to work on your golf-specific suppleness/flexibility, your golf-specific stability and strength and your golf-specific stamina/endurance.



Developing proper training, injury prevention, and recovery habits early and sticking to them will help optimize your performance both on and off the golf course.

Successful golfers require physical ability, technical skill, and mental toughness. Designing

programs to ensure optimal golf training and improved performance is both an art and a science, with some trial and error added in (see Fig.

Figure 1.1: The components of high performance training. The diagram shows a sequence of shapes: a green triangle labeled 'Art of Training', a green square labeled 'Science of Training', and a green circle labeled 'Trial & Error'. These are connected by plus signs. An equals sign follows, leading to a green square labeled 'High Performance Training' which contains a green triangle. The entire diagram is set against a dark green background with a blue horizontal bar at the top.

To ensure proper training and practice sessions, to optimize training and performance

and to outsmart your injuries, it is important to

1.3). The science to justify training techniques is

rapidly catching up to the art of past, current, and future training.

The high performance training tips in this **Fit to**

Play™ Golf book are designed by physiotherapists, coaches, physicians, and other sport

medicine and science personnel based on cur-

look at all of the factors that affect your physical training and on course performance.

Create a list of reasons why you want to get exercise and play golf. Even if your goals are as

Making Yourself a Better Golfer



Optimal performance depends on

simple as getting fitter, wanting to improve health and lose fat, following the advice in this book will help you play better and continue playing longer. Multidimensional training optimizes per-

formance with a well-designed and structured program. *See Fig. 1.4-1.7*

The **Fit to Play™ Golf** training model uses the concept of 'Interconnecting Gears' to illustrate the importance of different factors in producing optimal golf performance and outsmarting injuries.

Implementation of a training program requires management of many interrelated factors.

See Fig. 1.9

For the golf performance gear to turn smoothly and efficiently, you must have control of the pri-

mary training gears including physical training

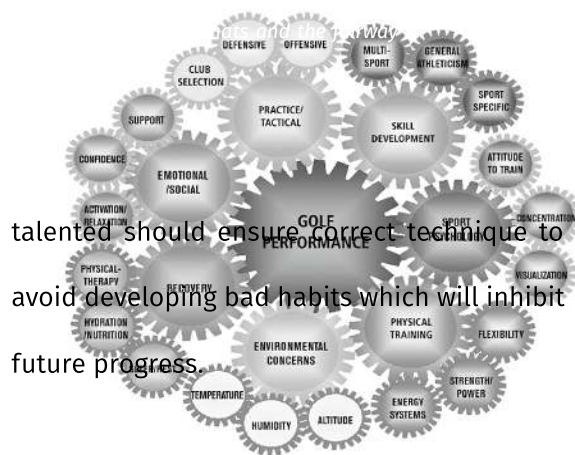
and practice, skill development, sport psychology and recovery.

Golf performance is your central gear, and all of

the other gears have an effect on its movement and ultimately affect it. Some golfers can achieve success with high abilities in certain areas but not others; however, to perform optimally and consistently, all of the gears must be working and turning smoothly and efficiently in

order to perform at a high level. Players who are

1.



talented should ensure correct technique to avoid developing bad habits which will inhibit future progress.

Fig. 1.9

*Dr. Howie Wenger's "Gears" (adapted
with permission after Wenger, 1986)*

Making Yourself a Better Golfer



Fig. 1.10



Fig. 1.11

The S's of Smart Training

The responsibility for making yourself a better golfer falls directly on your shoulders.

You've already purchased the best equipment you can. Now get ready to optimize and improve the most important piece of "equipment" that creates and controls your swing YOU!

To optimize your training and performance, improve recovery, and outsmart your injuries, you

Proper club select

The S's of S

need to develop and build a good six-point
plan

that includes:



- Develop specific training and tournament plans.
- Consult with a sports physiotherapist, strength and conditioning specialist, or fitness coach.
- Develop contingency plans for adverse weather conditions. Daily physical training adjustment either planned or improvised based on training partners, facilities available, and fatigue level.
- Walk the course whenever possible to boost fitness levels.
- If you're not working with a coach, choose your training partners wisely.
- Organize your training sessions into three parts:
 1. Warm-up
 2. Golf specific drills or exercises
 3. Cool-down and stretching
- Emphasize Quality
 - If the component your training is either aerobic or anaerobic, monitor your intensity by using heart rate, the talk test, or rate of perceived exertion to ensure you are working at the right intensity.
 - When strength or stability training, give adequate rest intervals between sets of exercises, try 60 seconds. This ensures that the circulation has time to replenish the local energy (muscle fuel stores) and flush out the waste products produced. Use these rest intervals to stretch or warm up other body

- Find a like-minded training partner with whom you can decide on a training plan and take turns running the practice sessions.

parts, as well keep moving to promote removal of waste products in the muscle and decrease the chances of increasing muscle tension or soreness.

Making Yourself a Better Golfer



- Minimize Quantity
 - Forget about the ‘NO PAIN – NO GAIN’ mentality. Training or exercising should not be painful, if it is you are working too hard, failing to rest your body between sessions or wearing the wrong shoes. By emphasizing quality you can decrease the amount you have to do and still get an effective workout in a short time. Go in with a good mindset and get your workout done.
- Exercise Splitting
 - If you can’t find 30 minutes per day in one session try splitting it into two 15 minute sessions, or three 10 minute sessions timed for your convenience. This keeps you from skipping the workout. Try the same with try cycling or stair climbing as an alternative. If flexibility is a problem for you ensure adequate time is spent stretching. If stability, strength or balance is your weaknesses then do more strength and stabilization drills.
 - Give yourself an honest assessment of your exercise habits, strengths and weaknesses. Your exercise coordinator, physical therapist or trainer can help you identify problem areas and individually design your program.
 - When doing any strength work concentrate on the weakest area first and when stretching always begin with the tightest muscle groups. The same holds true for your golf practice. Work on the

your golf range practice if you are pressed for time.

weakest part of your game at the beginning when you're still fresh.

- Work on Your Weaknesses

- If you are already a strong walker or runner,

- Ensure good, sound swing mechanics. Use video analysis and a qualified instructor to optimize

12,99 €
14,99 \$ *



NEUER SPORTVERLAG



Fit to Play™ & Perform

closed and

Functional

balance eq

strengthens

Set 1—Co

Bridging

Core Stab

Core Stabli

tive exercis

challenge y

multiple pl

exercises i

coated, bri

Fit to Play™ & Perform 2 DVD sets.

About the Authors



Carl is a partner and international travel consultant at City Sports & Physiotherapy clinic in Vancouver, Canada. He has treated and trained athletes and weekend warriors worldwide from a variety of sports keeping them Fit to Play™ & Perform for over 30 years. Carl is an internationally recognized and sought after speaker. He is regularly found educating physicians, physiotherapists, coaches, and athletes around the world on the principles of keeping Fit to Play™.

Nina Nittinger studied sports and business management after finishing her career as a professional tennis player. Alongside her studies she also completed studies in sports psychology. She is a certified A license coach in physical conditioning and tennis.

As an author of many books, three My-PocketCoach training card sets and more than 40 professional articles on fitness and mental training she has made a name for herself and has been