

# **HARDSTYLE™** **GOLF**

*Conditioning with Terrence Thomas*



***Kettlebell Drills for a  
Relentless Power Game***





***Kettlebell Drills  
for a Relentless  
Power Game***



**HARDSTYLE™**  
**GOLF**  
*Conditioning with Terrence Thomas*

*Hard Style Golf Conditioning* ©Terrence Thomas, 2006. All rights reserved.

HardStyle is a registered trademark and is being used with the permission from Dragon Door Publications. No portion of the book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passage in connection with a review written for inclusion in a magazine or newspaper and has written approval prior to publishing.

ISBN 1-4243-0436-3

This edition first published in June 2006

For information contact:

Expert Fitness Solutions

20533 Biscayne Blvd. Suite 4-219, Aventura, FL 33180, USA

Ph: 305-770-0962

e-mail: [info@hardstylegolf.com](mailto:info@hardstylegolf.com)

website: [www.hardstylegolf.com](http://www.hardstylegolf.com)

No part of this book may be reproduced in any form or by any means without the prior written consent of the Publisher, excepting brief quotes used in reviews.

Printed in the United States of America

Book design, Illustrations, logos and cover by Derek Brigham

Website <http://www.dbrigham.com> Tel/Fax: (612) 827-3431 • Email: [dbrigham@visi.com](mailto:dbrigham@visi.com)

Photography by Michael Fullana of Creative Edge Photography [www.creativeedgephoto.com](http://www.creativeedgephoto.com)

**WARNING—DISCLAIMER**

The workouts and other health-related activities described in this book were developed by the author and are to be used as an adjunct to improve strength, conditioning, health and fitness. These programs may not be appropriate for everyone. All individuals and especially those who suffer from any disease or are recovering from an injury of any sort should consult their physician regarding the advisability of undertaking any of the activities suggested in these programs. The author has been diligent in his research. However he is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

***Acknowledgements***

I would like to first thank the creator for allowing me to be a clear conduit for delivering this information. Love and gratitude goes out to my parents for successfully keeping me "in play" in the game of life. In every endeavor, success leaves clues and this book is no exception. There are several key people who's knowledge, teachings, support and mostly patience have directly contributed to me being able to write this book and I would like to acknowledge them.

Paul Chek:

Paul, you have been to my career what electricity is to a light bulb. It is your teachings that I can directly contribute to this book and the direction that my life has taken thus far. It was through sheer destiny that I found you 10 years ago. Thank you Paul for your unwavering belief in me. Thank you for seeing in me what I was not yet able to see in myself. Thank you for your "tough love" and for giving me "the talk" 6 years ago. Words will never express the level of love and gratitude that I have for you. I can only hope to show you through being an example of what one can become as a result of your teachings.

Jim Mclean:

My client, golf teacher and friend. Thank you for allowing me to be your shadow and learn from one of the best. Your kindness and generosity is second to none and know that it was greatly appreciated.

Pavel Tsatsouline:

For your deadly simplistic and highly effective teaching methods I thank you. Thank you for teaching me to get more from less. Know that I absolutely "get it" and have been able to "consolidate" my knowledge and I thank you for your approval of this project.

To anyone that I have had any business or personal relationship I thank you as well because you have all contributed to my life in some way.

Health and Happiness,



# **Hard Style GOLF Conditioning**

## **Table of Contents**

**Preface: Add yards to your drive with this "Ball."**

**Introduction: Are Golfer's "Real" Athletes?**

### **Phase I. Flexibility Drills**

<b>Get Stronger by Stretching</b>	<b>2</b>
<b>Keys to Effective Stretching</b>	<b>3</b>
<b>1. Head Rotation</b>	<b>5</b>
<b>2. Neck Side Bend</b>	<b>7</b>
<b>3. Levator Scapulae Stretch</b>	<b>9</b>
<b>4. Trunk Side Bend</b>	<b>11</b>
<b>5. Thoracic Mobilization</b>	<b>15</b>
<b>6. Kneeling Back Twist</b>	<b>17</b>
<b>7. Shoulder Twist</b>	<b>19</b>
<b>8. Good Morning Stretch</b>	<b>23</b>
<b>9. Cigarette Butt Stretch</b>	<b>25</b>
<b>10. Windmill Stretch</b>	<b>27</b>
<b>11. Groin Rock</b>	<b>29</b>
<b>12. Kneeling Lunge Stretch</b>	<b>31</b>

### **Phase II. Mobility Drills**

<b>1. Egyptian</b>	<b>37</b>
<b>2. Kidney Taps</b>	<b>39</b>
<b>3. Hip Circles</b>	<b>41</b>
<b>4. Knee Circles</b>	<b>45</b>
<b>5. Neck Trunk Trainer</b>	<b>47</b>
<b>Kettlebell Saftey 101</b>	<b>53</b>
<b>Power Exercise #1: The Swing</b>	<b>54</b>
<b>Hard Style Golf Conditioning: Flexibility Program</b>	<b>61</b>

### **Phase III. Balance and Stability Drills**

<b>Why Train For Balance?</b>	<b>64</b>
<b>1. The Standing Wall Lean</b>	<b>65</b>



***Phase III. Balance and Stability Drills (cont.)***

<b>2. Horse Stance exercises</b>	<b>67</b>
<b>a. Horse Stance Vertical</b>	<b>67</b>
<b>b. Horse Stance Horizontal</b>	<b>69</b>
<b>c. Horse Stance Dynamic</b>	<b>71</b>
<b>3. Side Plank</b>	<b>73</b>
<b>a. Basic</b>	<b>74</b>
<b>b. Intermediate</b>	<b>74</b>
<b>c. Advanced</b>	<b>74</b>
<b>4. Thigh Lunge</b>	<b>75</b>
<b>a. Beginner</b>	<b>75</b>
<b>b. Intermediate</b>	<b>77</b>
<b>c. Advanced</b>	<b>78</b>
<b>5. One Legged Stance</b>	<b>79</b>
<b>6. Rocket Man</b>	<b>81</b>
<b>Power Exercise #2: Kettlebell Wrap Around</b>	<b>83</b>
<b>Hard Style Golf Conditioning: Balance and Stability Program</b>	<b>88</b>
<b>What about Abs?</b>	<b>96</b>

***Phase IV. Strength Drills***

<b>1. The Screwdriver</b>	<b>99</b>
<b>2. One Legged Deadlift</b>	<b>103</b>
<b>3. Under The Leg Pass</b>	<b>107</b>
<b>4. Military Press</b>	<b>111</b>
<b>The Hard Style Golf Conditioning Facts!</b>	<b>116</b>
<b>5. Windmill</b>	<b>119</b>
<b>6. Bent Press</b>	<b>123</b>
<b>Power Exercise #3: The Clean</b>	<b>127</b>
<b>Hard Style Golf Conditioning: Strength Program</b>	<b>133</b>
<b>Why Am I doing the same exercises every day?</b>	<b>139</b>

***Phase V. Power Drills—The top of the Pyramid***

<b>1. Kettlebell Swing, Kettlebell 2-hand clean</b>	<b>143</b>
<b>2. Kettlebell 1-hand Clean, Kettlebell hanging screwdriver</b>	<b>144</b>
<b>3. Kettlebell wrap around</b>	<b>145</b>
<b>Hard Style Golf Conditioning: Power Program</b>	<b>146</b>



## **HARDSTYLE GOLF CONDITIONING**

<b><i>Conclusion</i></b>	<b>148</b>
<b><i>Appendix A: 12-Week Hard Style Golf Conditioning Program</i></b>	<b>150</b>
<b><i>Appendix B: Nutrition “Your Par What You Eat”</i></b>	<b>160</b>
<b><i>Appendix C: Training Log Instructions and templates</i></b>	<b>163</b>
<b><i>HardStyle Golf Conditioning Resources</i></b>	<b>165</b>

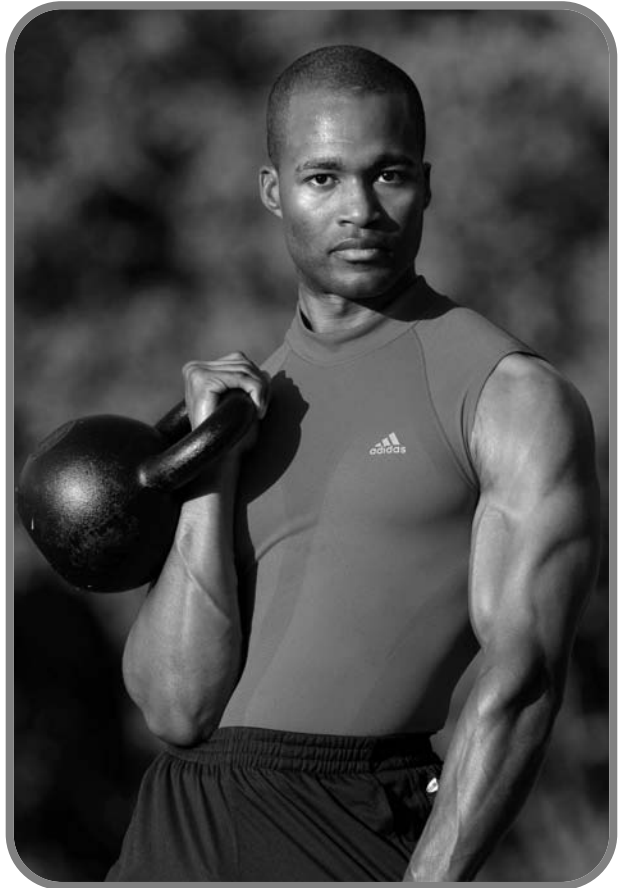


## ***Preface***

# ***Add yards to your drive with this “Ball.”***

It's actually a Russian KettleBELL (not KettleBALL) and looks like a cannonball with a suitcase handle. In Russia, kettlebells are as common as vodka and pickle juice as Pavel Tsatsouline states in his book *The Russian Kettlebell Challenge*. He also goes on to quote a Soviet weightlifting book which states that “It is hard to find a sport that has deeper roots in the history of our people than the girevoy (kettlebell) sport.” Kettlebell training has experienced a rebirth because of the former Russian Special forces instructor. Pavel originally introduced kettlebell training to the U.S. military and it is now hitting the sports and fitness industry with the fury that could only come from mother Russia.

In my 16 years in the fitness industry, I have not come across any one piece of equipment that offers so much with so little. It is literally a complete gym that can be held in one hand. So how can you use this low tech high yield super fitness tool to improve your golf game? Keep reading to learn more.



***HARDSTYLE GOLF CONDITIONING***

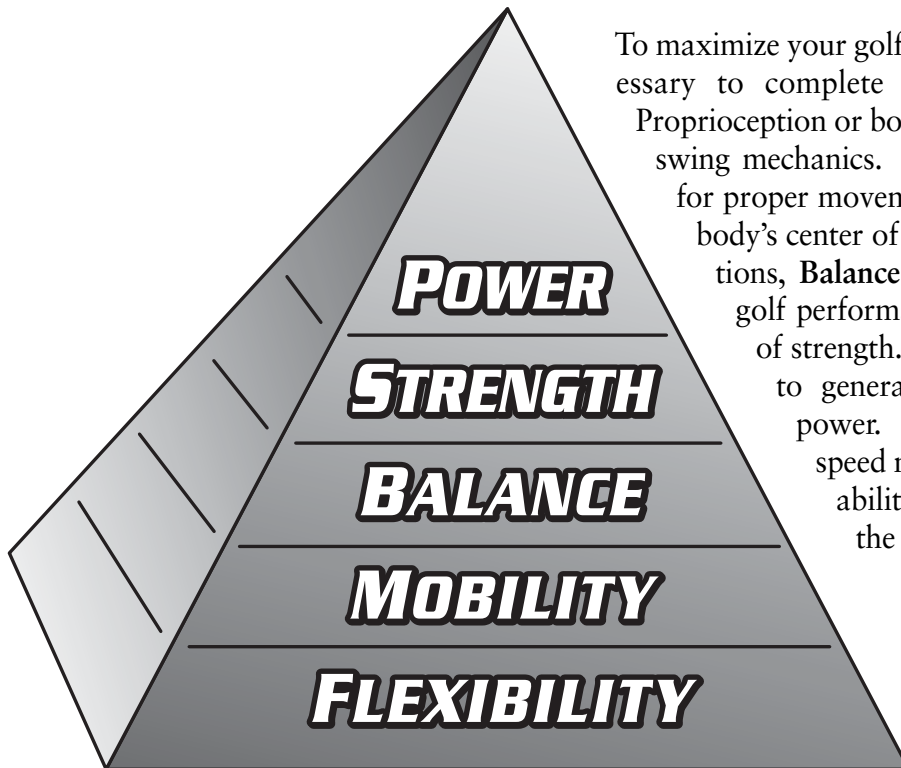


## Introduction

# Are Golfer's "Real" Athletes?

In the September 04 issue of Golf Digest, writer David Owen ranked golf low on the totem pole in regards to physical demand. However, to answer this question, we have to agree on what an athlete is. For our purposes, an athlete is one whose physical requirements demand a mastery of one or more of the seven primal movement patterns. Mastery can be defined as consistency and accuracy of performance. Paul Chek, author of the "*Golf Biomechanics Manual*" developed this system of primal pattern assessment. He coined these movements primal in that these specific tasks were required to survive during "primal" times. They can also be considered primal in that we use these basic movements in everyday life. The seven primal movements are the squat, lunge, bend, push, pull, twist, and gait. Gait has three parts; walking, jogging and running.

The physical requirements for golf, demands that the bend and twist patterns be done with great accuracy and consistency. However, golf is not limited to these two patterns. All of the primal patterns are required to function properly on the golf course. When judging the putting greens, a proper squat pattern is needed to stoop down. A functional gait pattern allows us to walk the golf course. We use a pull pattern during the backswing and when raking out bunkers. So are golfers **REAL** athletes? Yes they very much are and kettlebell training will help improve athleticism.



To maximize your golf game, adequate **Flexibility** is necessary to complete all phases of the golf swing. Proprioception or body awareness is needed for proper swing mechanics. Exceptional coordination allows for proper movement sequencing. To maintain the body's center of gravity at the various swing positions, **Balance** must be maintained. Consistent golf performance demands a solid foundation of strength. **Strength** will prepare your body to generate the force needed to sustain power. **Power** is what creates club head speed needed for long drives. All of these abilities will develop very quickly with the use of one kettlebell.

## **HARDSTYLE GOLF CONDITIONING**

*Hard Style Golf Conditioning* is a nuts and bolts program designed to provide you with the bare essentials for improving your golf performance. There are many exercises and techniques to improve flexibility, balance, strength and power and they all have their purpose and application. *Hard Style Golf Conditioning* will give you more “bang for your buck” by using a low-tech high yield approach that will improve the fundamental abilities that are needed for effective and safe golf performance. Kettlebell lifting will help you forge a strong body that will exude health and resiliency. If you follow the training program in this manual, your golf game will improve because a Better Body=Better Golf.

A handwritten signature in black ink that reads "Terrence Thomas". The signature is written in a cursive style with a large, stylized 'T' and 'H'.

Terrence Thomas,

*CHEK Certified Golf Biomechanic, Russian Kettlebell Challenge Instructor*



# **HARDSTYLE™** **GOLF**

## ***Phase I. Flexibility Drills***



# ***Get Stronger by Stretching***

Many of my golf clients are amazed at how their ball striking improves from simply doing stretches. One important piece of advice that I want to give you is not to neglect the flexibility and balance components of your Hard Style Golf Conditioning program. A properly executed stretching program will produce fast gains in golf performance and here is why;

A tight muscle is a weak muscle. In the book *Stretching and Strengthening*, Hans Spring, et al say that sedentary living, repetitive activity such as golf and improper exercise technique can all contribute to tight muscles. Flexibility, strength, and power are intimately connected but flexibility is the gatekeeper to achieving optimal strength and power. Our body has a protective mechanism that does not allow it to move beyond a point that it is not strong enough to control. It can be likened to the parking break on your car. For example a tight hip muscle will restrict hip mechanics during the golf swing. The tighter the hip muscle gets, the weaker it gets. Tightness begets weakness and weakness begets tightness. It is a perpetuating cycle that will continue until the muscle is properly stretched and balanced. A properly executed stretch will tell the body that it is ok to relax, thus “releasing the body’s parking break”.



## ***Keys to Effective Stretching***

The ***Hard Style Golf Conditioning*** program is designed in stages so that you progress through your levels of conditioning in a progressive manner. Your golf conditioning program can be compared to building a pyramid in that it must have a solid foundation. The foundation is built upon flexibility and mobility. Muscle Balance and Flexibility as well as Static and Dynamic Stability (balance) control 80% of ball flight factors (Paul Chek).

1. Stretching is more than just sticking your leg out or trying to touch your toes. There are specific techniques that will convert a “normal” stretch into a body transforming experience. With that said please approach your stretching drills with the utmost attention. Pay attention to the written instructions as each stretch will have a key relaxation tip that will increase flexibility very quickly. Just like your golf swing, it will take practice to master all of the drills in this program. It will be time well spent when you are on the golf course feeling fresh and strong while your opponents are looking like the Hunchback of Notre Dame at the end of the round.

2. Breathing technique is vital to maximizing your stretching exercises. All breathing should be done through the diaphragm. As you inhale through your nose your belly and lower ribs should expand and your upper chest and neck should remain very relaxed. If you would like to know all of the science behind this, please read *Relax Into Stretch* by Pavel Tsatsouline. ***Warning!*** Many of the stretching techniques require that you hold your breath slightly while increasing pressure in your trunk. If you have a medical condition that prevents you from holding your breath, please consult your doctor before starting your Hard Style Golf Conditioning program.





**HARDSTYLE GOLF CONDITIONING**



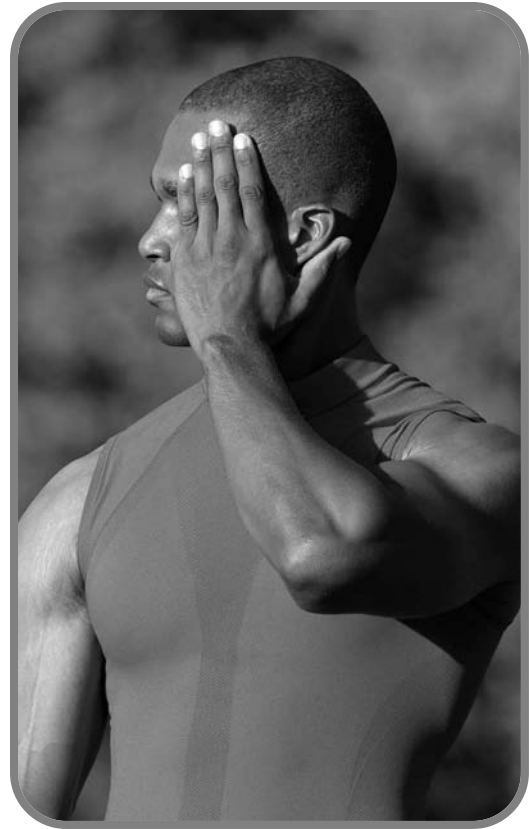
# **1. Head Rotation**

Target Area: Neck rotators

Benefits: Neck flexibility and mobility

## **Instructions**

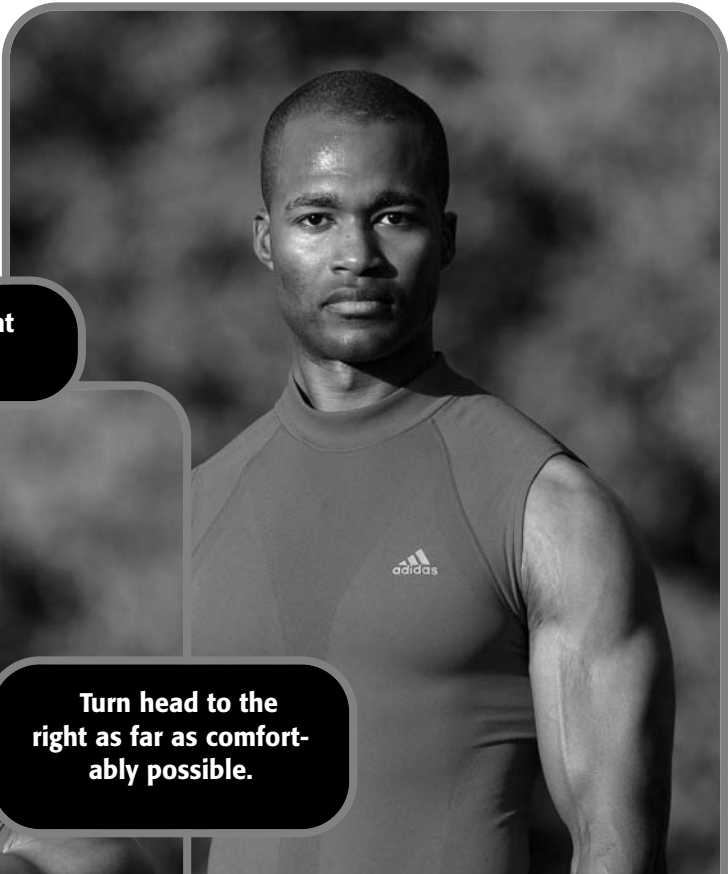
- Stand with your feet parallel and at shoulder width.
- Place your hand flat on your left cheek.
- Turn head to the right as far as comfortably possible.
- Take a deep breath through your nose.
- Hold your breath in and gently press your cheek against your hand as if to turn your head back to the left but not actually moving. (i.e. and isometric contraction.
- Fully exhale through your mouth and move further into the stretch. When you exhale allow the air to escape naturally. Do not blow the air out. Simply relax and exhale through an open and relaxed mouth.
- You will not move very far on this stretch. Simply focus on creating relaxation.



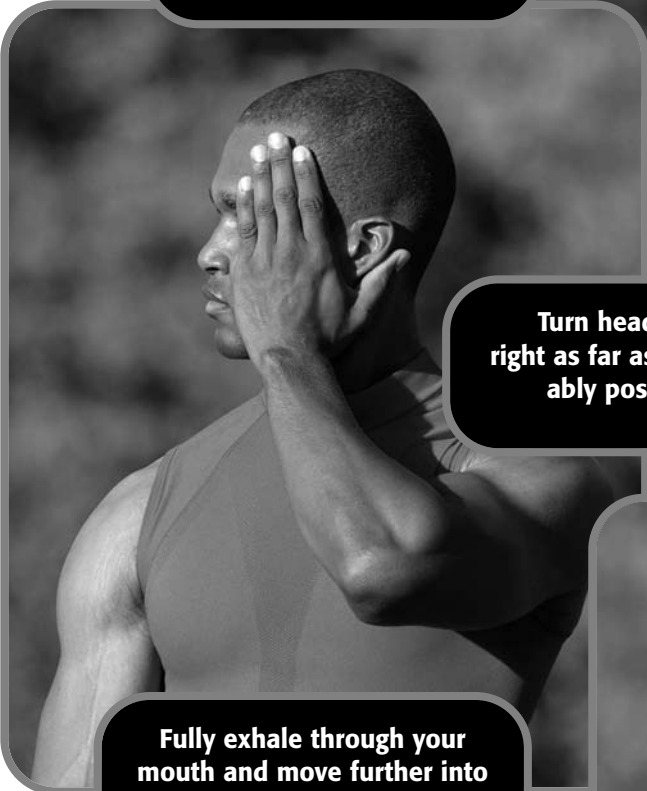
**Progression:** If you are able to rotate your head 90 degrees i.e. chin over shoulder, you can progress into a maintenance phase with this stretch. Maintenance means that you will do the stretch to maintain current flexibility rather than to increase it. Maintenance typically calls for doing a stretch for 1 to 2 reps after exercise or playing. If you have a physical limitation that prevents you from achieving full range of motion, simply use your judgment as to how far you will turn your head.



**HARDSTYLE GOLF CONDITIONING**

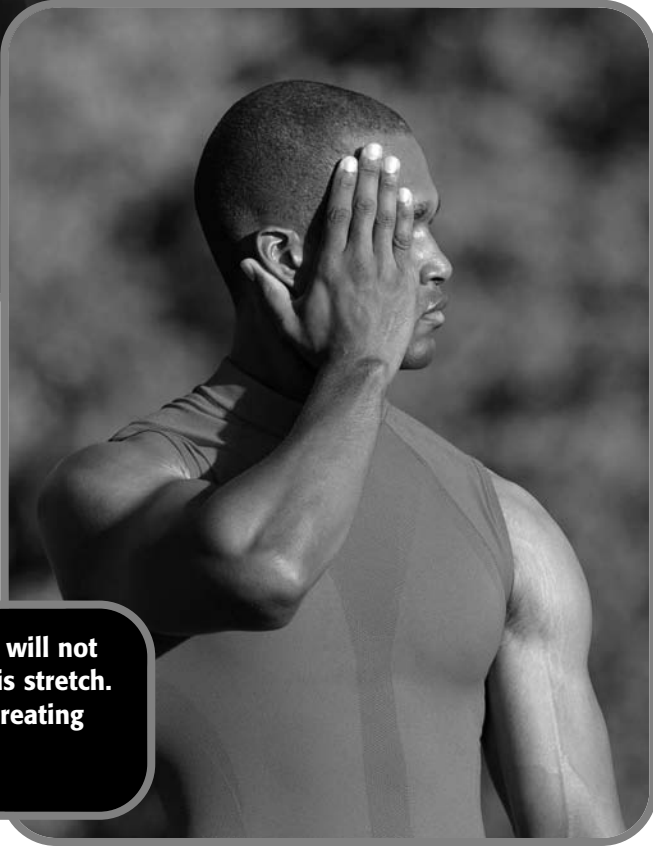


**Place your hand flat on your left cheek.**



**Turn head to the right as far as comfortably possible.**

**Fully exhale through your mouth and move further into the stretch.**



**Opposite side. You will not move very far on this stretch. Simply focus on creating relaxation.**



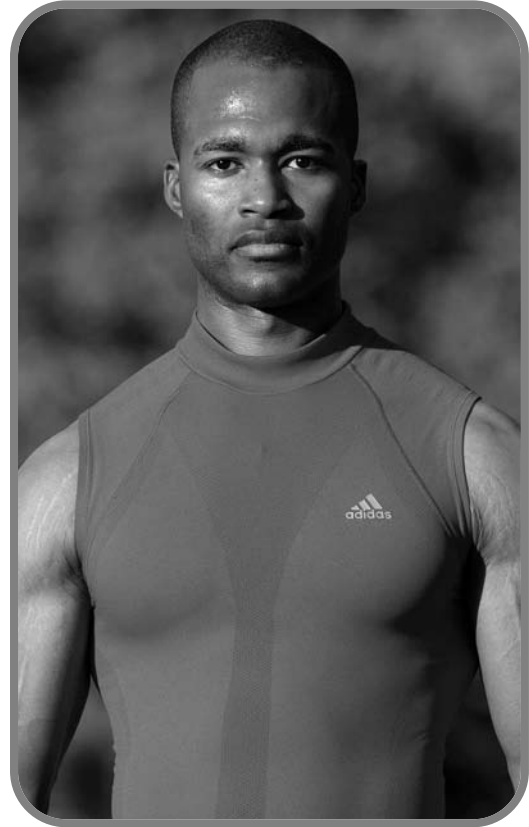
## 2. Neck Side Bend

Target Area: Side flexors of the neck, upper respiratory muscles

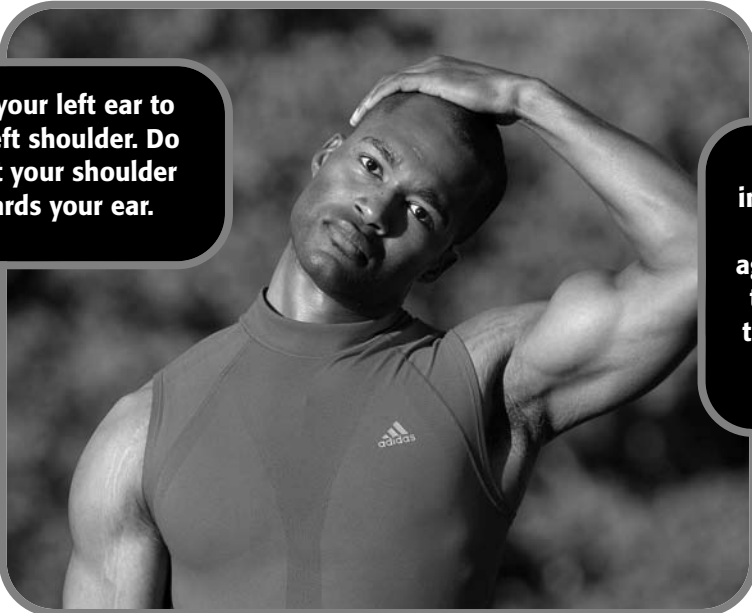
Benefits: Neck and shoulder flexibility and mobility.

### Instructions

- Sit in a chair or stay in your golf cart. Hook your right hand under the chair.
- Bring your left ear to your left shoulder. Do not lift your shoulder towards your ear.
- Provide assistance with your left hand. Gently pull your head closer to your shoulder.
- From this new position inhale, hold your breath and gently press your head against your hand as if to try to bring your head back to the upright position but not actually moving.
- Exhale through your mouth and fall deeper into the stretch.
- Like the head rotation stretch you will not move very far. Simply focus on the relaxation after you exhale.
- Perform 2-3 relaxation breaths on each side.



**Progression:** Normal range of motion for the neck side bend is about 45 degrees or about the 2 o'clock position.

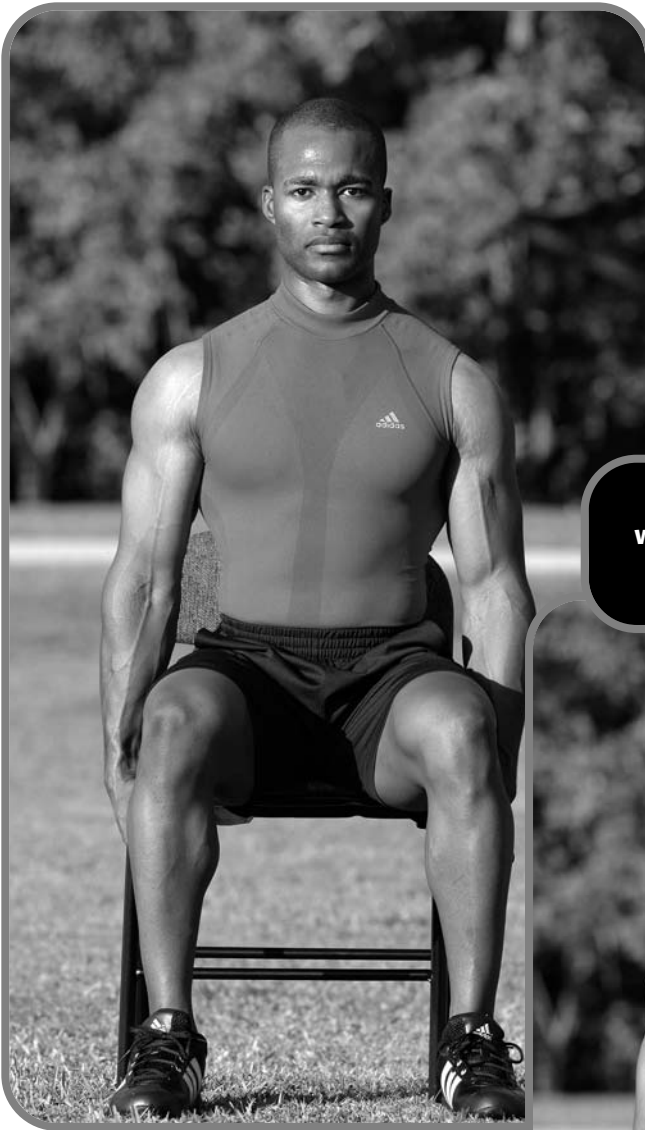


Bring your left ear to your left shoulder. Do not lift your shoulder towards your ear.

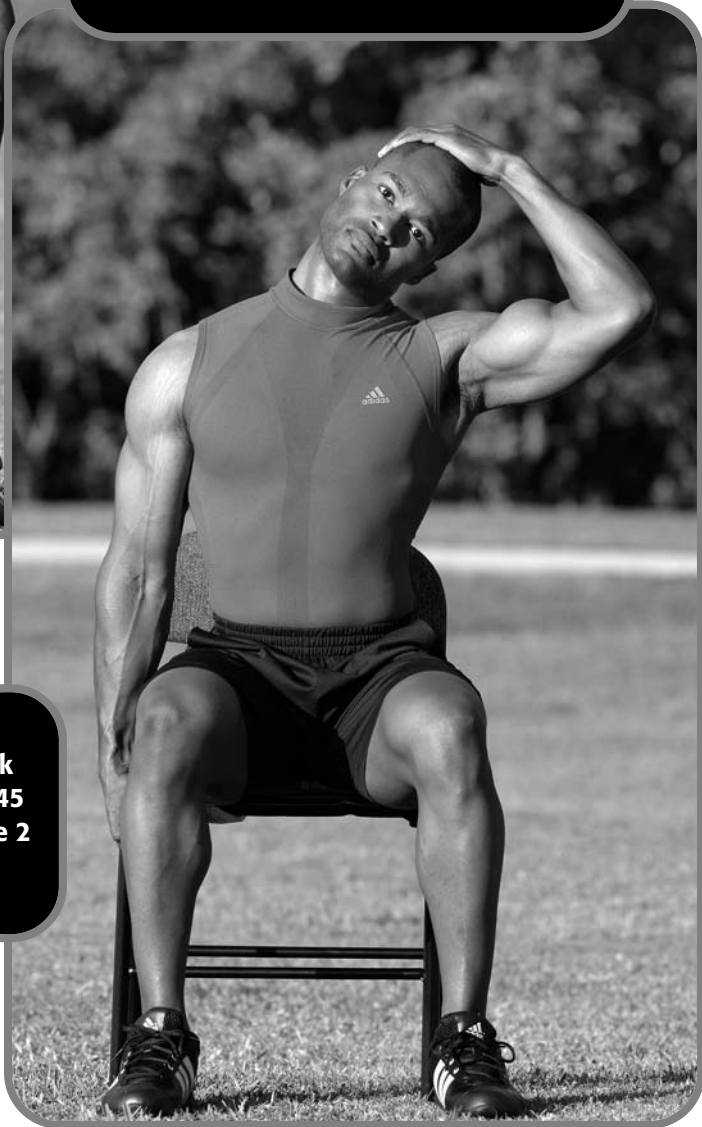
From this new position inhale, hold your breath and gently press your head against your hand as if to try to bring your head back to the upright position but not actually moving.



**HARDSTYLE GOLF CONDITIONING**



Like the head rotation stretch you will not move very far. Simply focus on the relaxation after you exhale.



Normal range of motion for the neck side bend is about 45 degrees or about the 2 o'clock position.



### 3. Levator Scapulae Stretch

Target Area: Levator Scapulae—the bridge between the neck and shoulder.

Benefits: Neck mobility, Neck to eye reflexes, neck tension relief.

The levator scapulae stretch is a combination of the head rotation and neck side bend. It is true that all muscles are important for optimal golf performance but there are some that can really cause problems and the levator scapulae muscle is one of them. The levator scapulae connect to the shoulders and neck so it can affect your golf performance from both areas. From the neck it could affect your ability to keep your eye on the ball by causing your head to tilt. Since your head is like a gyroscope in that the eyes always want stay level with the horizon, a head tilt will cause your eyes to compensate and may lead to imbalances in the eye muscles later. This may be important to you if want to avoid burying yourself alive in a sand trap because you keep missing the ball. At the shoulder, the levator scapulae muscle will restrict your backswing and cause you to lose power, slice, push the ball, hit a shank or all of the above. If you have a problem with this muscle, this stretch in combination with the standing wall lean exercise will help. Many golfers have complex orthopedic issues that are often times best served with individualized instruction. For more information on private consulting or to register for a HSG fitness school log onto [www.hardstylegolf.com](http://www.hardstylegolf.com).



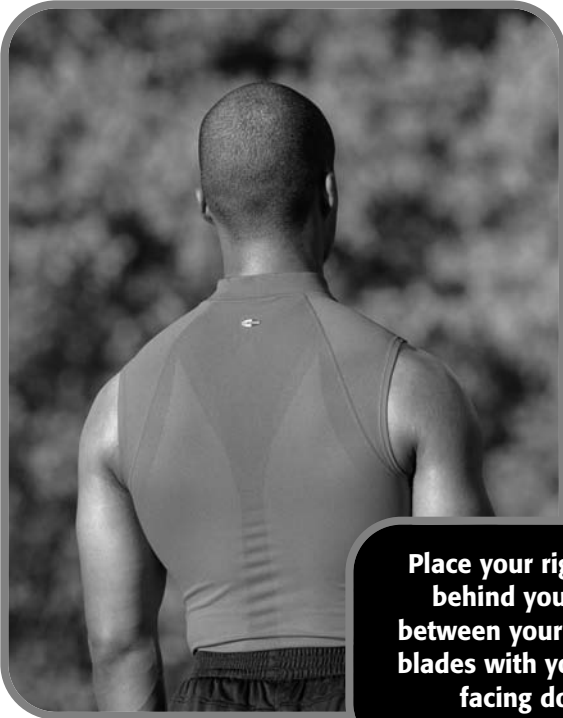
#### **Instructions**

- Place your right hand behind your neck between your shoulder blades with your finger facing down. Keep elbow up shoulders pressed down.
- Turn your head to the left and grab the back of your head with your left hand.
- **Gently** pull your head down towards your left collar bone.
- From this end position take a deep breath, hold it and then gently press the back of your head against your hand like you are trying to lift your head but not actually moving.
- Stop pushing with your head, exhale through the mouth and relax further into the stretch.

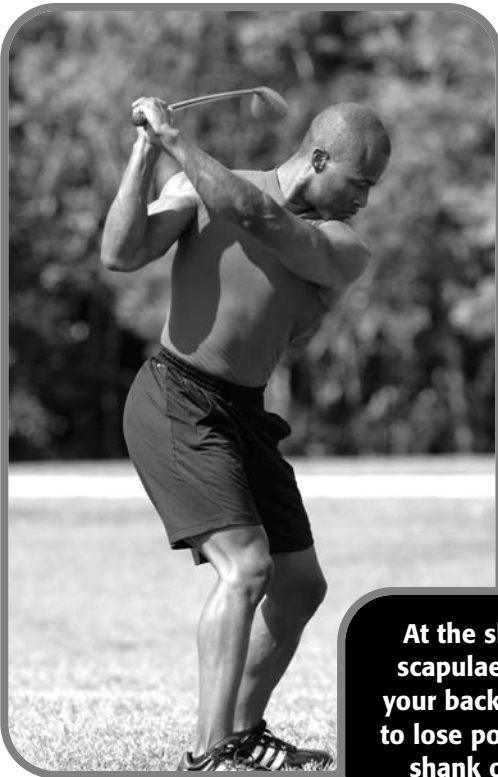
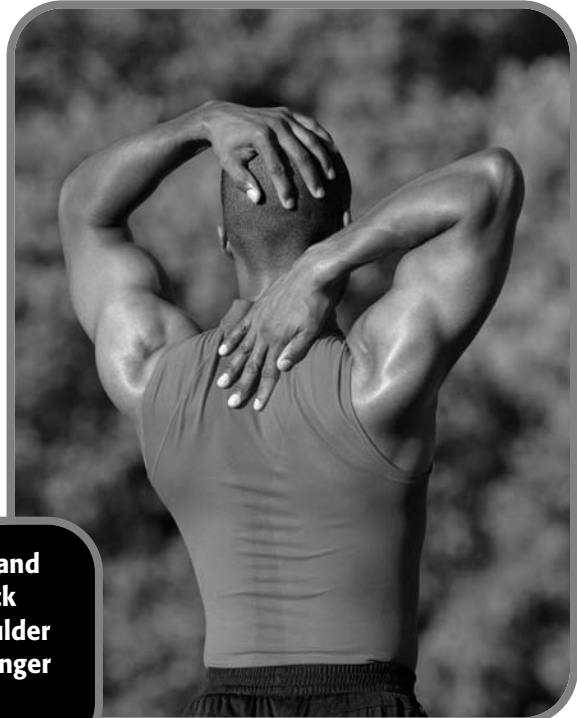
**Progression:** The levator scapulae muscle is tricky in that sometimes it can actually be too loose. You have to go by feel. If your chin sinks down way past your collar bone and do not feel a good pull when you are in position, then perform this stretch for maintenance only. The Wall lean exercise that you will learn in the Balance phase of your HGC program will be more beneficial for you.



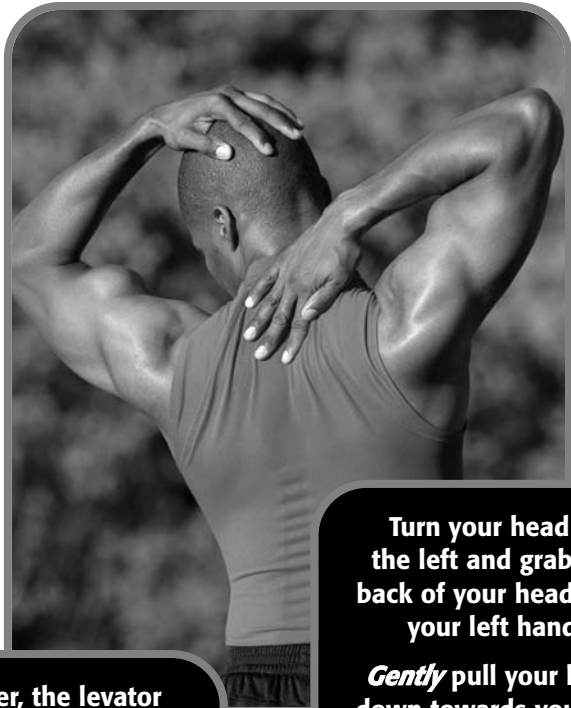
**HARDSTYLE GOLF CONDITIONING**



Place your right hand behind your neck between your shoulder blades with your finger facing down.



At the shoulder, the levator scapulae muscle will restrict your backswing and cause you to lose power, slice, push, hit a shank or all of the above."



Turn your head to the left and grab the back of your head with your left hand.

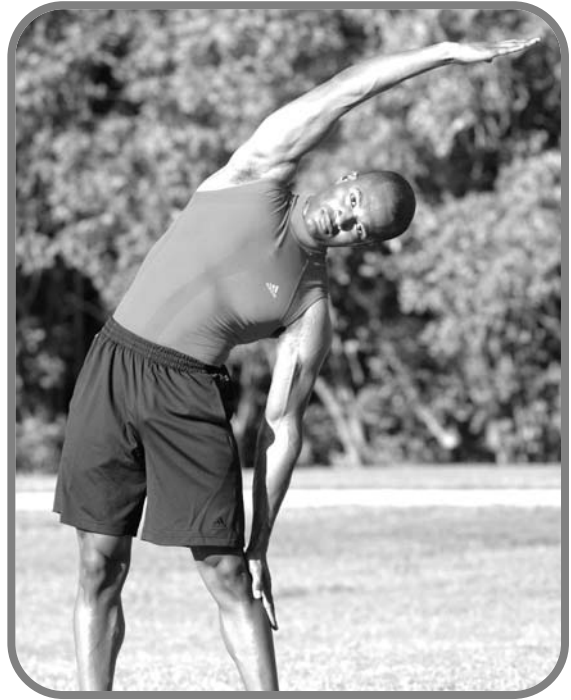
*Gently* pull your head down towards your left collar bone.

## **4. Trunk Side Bend Stretch**

Target area: Side flexors of the trunk

Benefits: maintains body alignment and posture, and promotes a smooth backswing and follow-through

The focus of the trunk side bend is to release the close relative of the levator scapulae, the quadratus lumborum (QLO). This muscle gets tight because of the repeated contractions at the impact position of the golf swing. For right handed golfers the right QLO will become tight and the left one for lefties. In my opinion, the QLO is even nastier than the levator scapulae muscle because the fibers are much denser making it very difficult to stretch. A tight QLO will cause your shoulder on the same side to drop down, lock your hip in place preventing you from coiling and uncoiling your hips. This will cause a major power leak in your swing. Being a manual therapist I can give you a first hand account of the misery that people endure to get this muscle fixed. If you do trunk side bend stretches regularly, it will save you the misery of having someone dig into your low back with an elbow or some other blunt object.



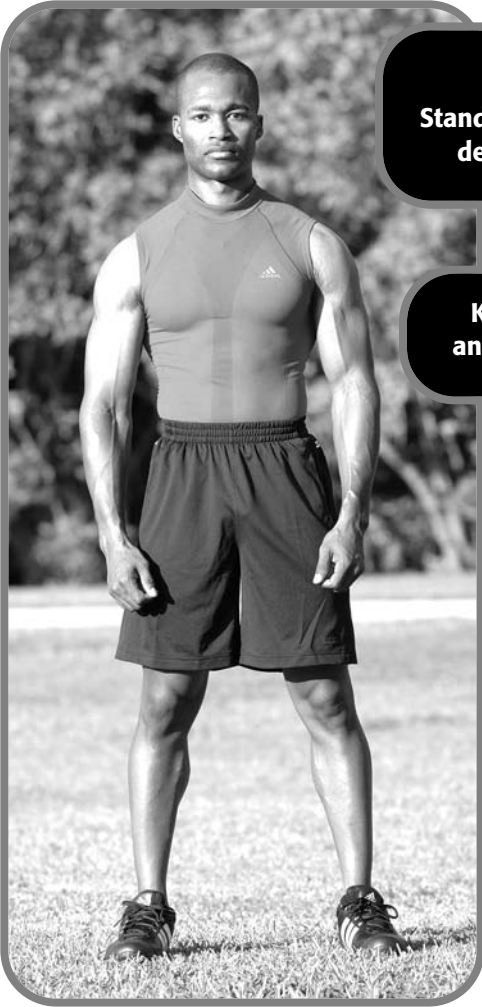
### **Instructions**

- Stand with feet shoulder width apart.
- Keep knees locked and squeeze buttocks
- Bend to the left and imagine you are sliding along an imaginary wall. If you cannot feel the stretch in your side just above your hip bone, you will most likely need to place your back against a real wall.
- The left arm is along the side of the left leg. The right arm is reaching overhead.
- Take a deep breath in, hold for a second while tightening your butt, thighs and fists. Imagine that you are returning back to the upright position but not actually moving. Just contract your side muscles like you are trying to. Finally exhale through your mouth sinking further into the stretch.
- Lift both arms overhead to increase the intensity of the stretch. Lower your right arm to make the stretch easier.
- Perform the same sequence on the opposite side.

**Progression:** You will need to use your own judgment in determining your need for the side bend stretch. Since the quadratus lumborum muscle is being tightened with every golf swing, it is my opinion that this stretch will remain in your HGC routine indefinitely.

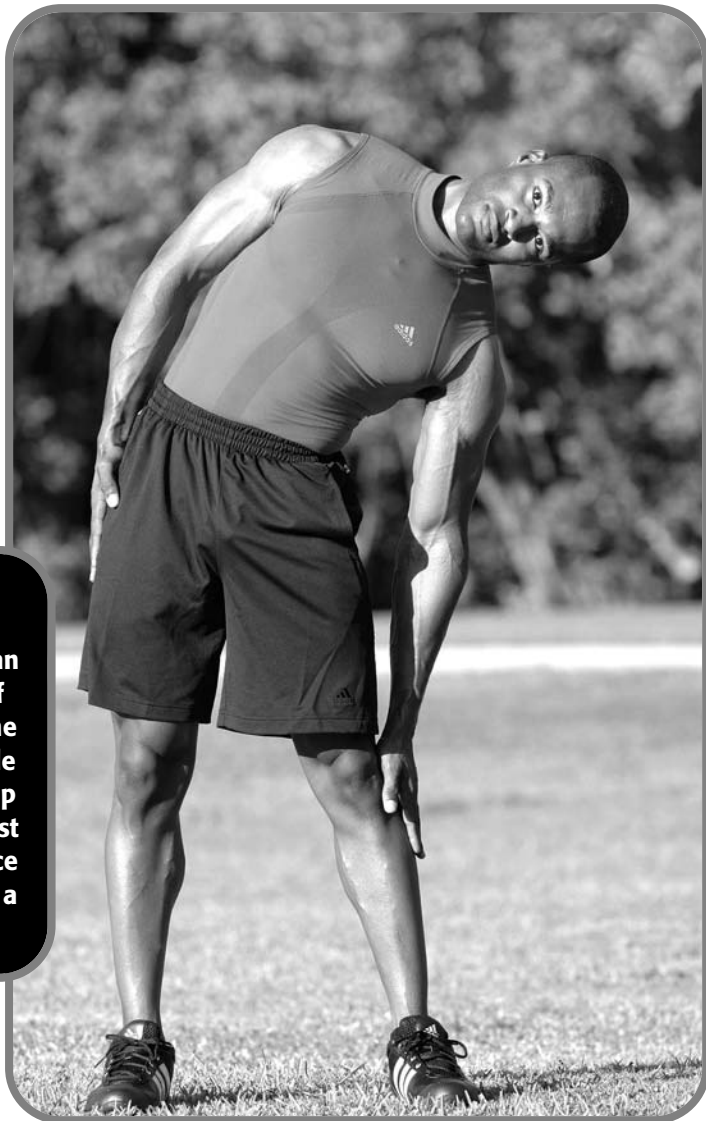


**HARDSTYLE GOLF CONDITIONING**



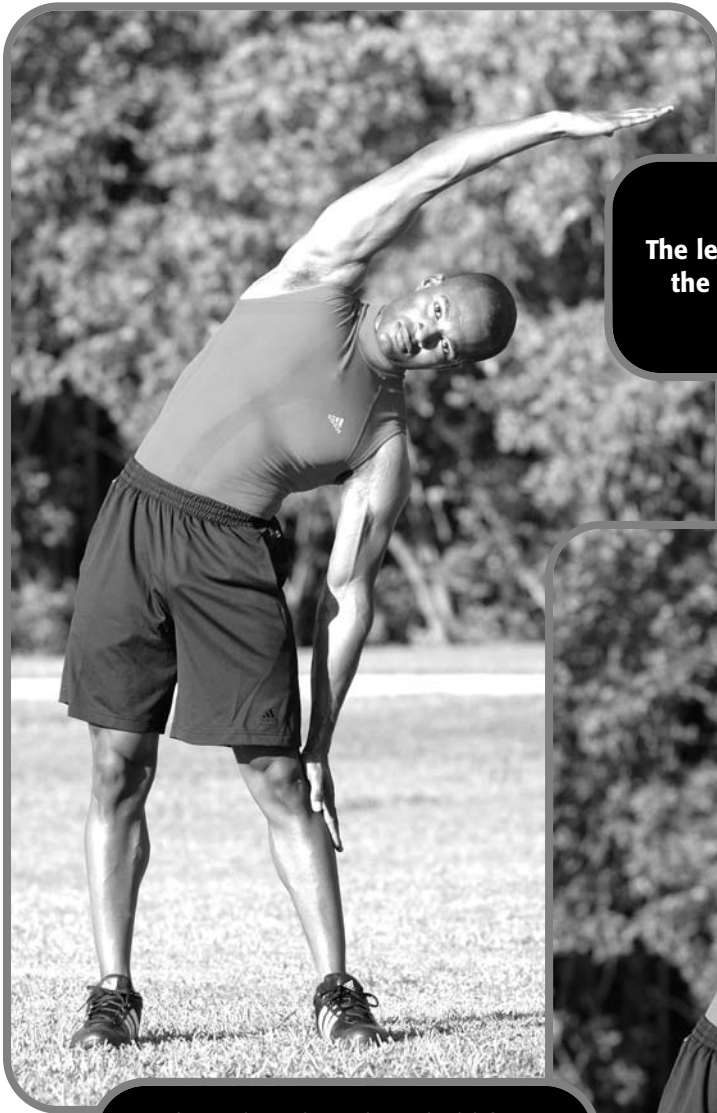
**Beginner:  
Stand with feet shoul-  
der width apart.**

**Keep knees locked  
and squeeze buttocks**

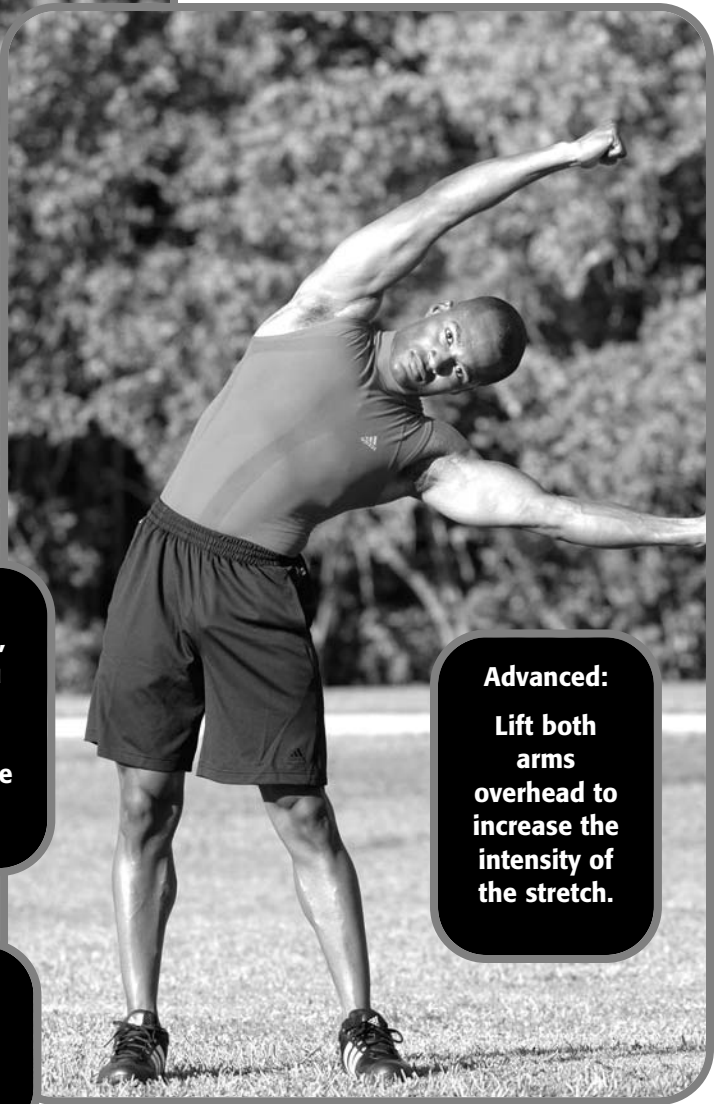


**Bend to the left  
and imagine you  
are sliding along an  
imaginary wall. If  
you cannot feel the  
stretch in your side  
just above your hip  
bone, you will most  
likely need to place  
your back against a  
real wall.**

**PHASE I. FLEXIBILITY DRILLS**



**Intermediate:**  
The left arm is along the side of the left leg. The right arm is reaching overhead.

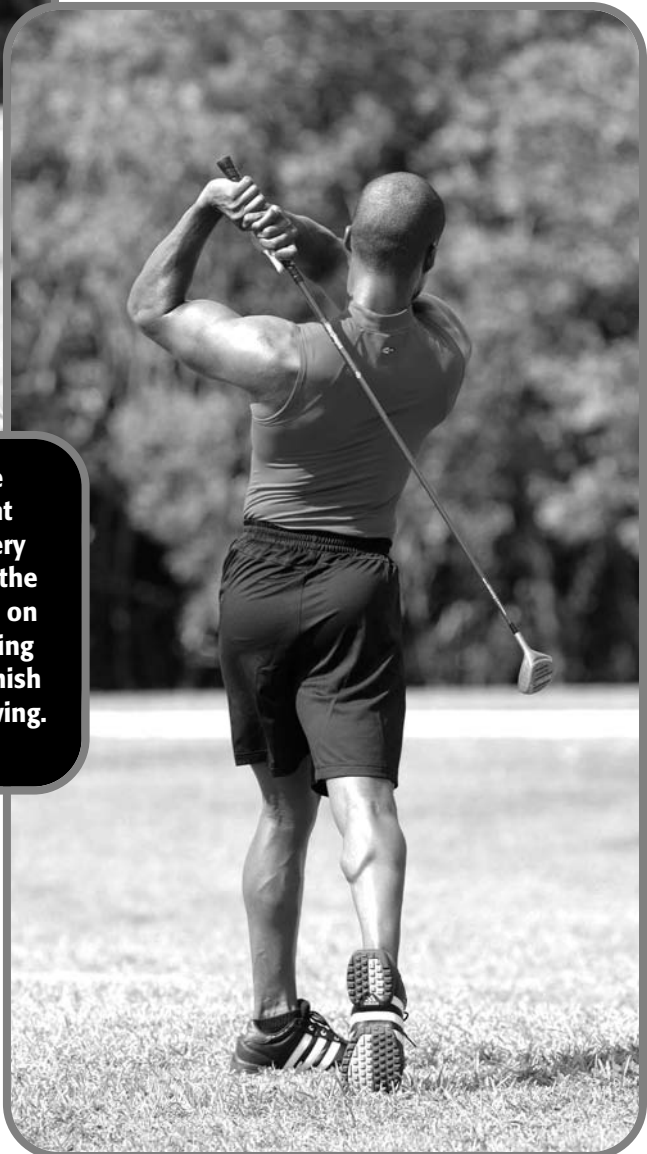


**Advanced:**  
Lift both arms overhead to increase the intensity of the stretch.

Take a deep breath in, hold for a second while tightening your butt, thighs and fists. Imagine that you are returning back to the upright position but not actually moving. Just contract your side muscles like you are trying to.

Finally exhale through your mouth sinking further into the stretch.

**HARDSTYLE GOLF CONDITIONING**



**This is the muscle that contracts very forcefully at the impact point on the downswing and at the finish of the golf swing.**

## **5. Thoracic Mobilization**

Target Area: Thoracic spine and upper abdominals

Benefits: loosens up the upper back to allow for easier rotation and a smooth back swing.

Range of motion in the thoracic spine is paramount for a good golf swing. For every degree that the spine cannot rotate, the shoulder joint will compensate accordingly. Restricted rotation will cause you to use your arms rather than your body. This problem typically shows up as wrist and elbow injuries.

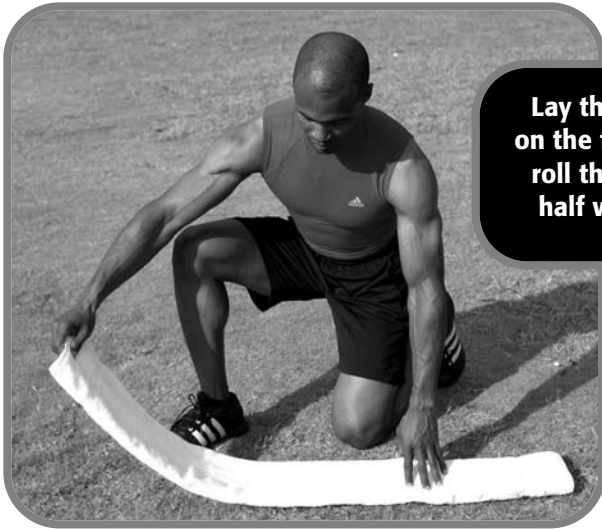


### **Instructions**

1. Fold a normal sized bath towel in half lengthwise twice.
2. Lay the towel on the floor and roll the towel half way up.
3. Sit in front of the roll with the flat side up towards your head.
4. Lie down over the towel with the roll under your upper back. A good starting place for the towel is just below your shoulder blades.
5. Place your hands behind your head and allow your elbows to touch the floor. If this position is uncomfortable for your shoulder, extend your arms straight out to the side with palms up.
6. Take deep breathes to allow the ribcage to expand and contract. Your belly should rise and fall with each breath.
7. Take 3 deep breaths and move the rolled portion of the towel up towards your head about 2 inches. Repeat 3 breaths then move the towel up one more time.
8. Repeat the cycle by starting below the shoulder blades.



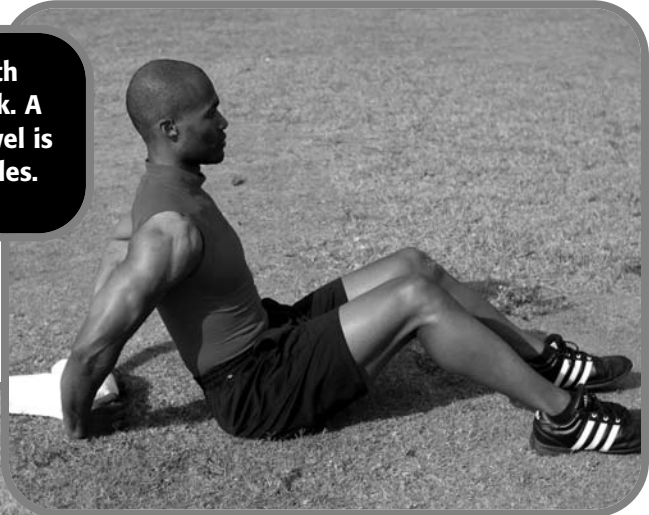
**HARDSTYLE GOLF CONDITIONING**



Lay the towel on the floor and roll the towel half way up.



Lie down over the towel with the roll under your upper back. A good starting place for the towel is just below your shoulder blades.



Place your hands behind your head and allow your elbows to touch the floor.



Take deep breathes to allow the ribcage to expand and contract. Your belly should rise and fall with each breath.



## 6. Kneeling Back Twist

Target Area: Thoracic Spine and Shoulder girdle

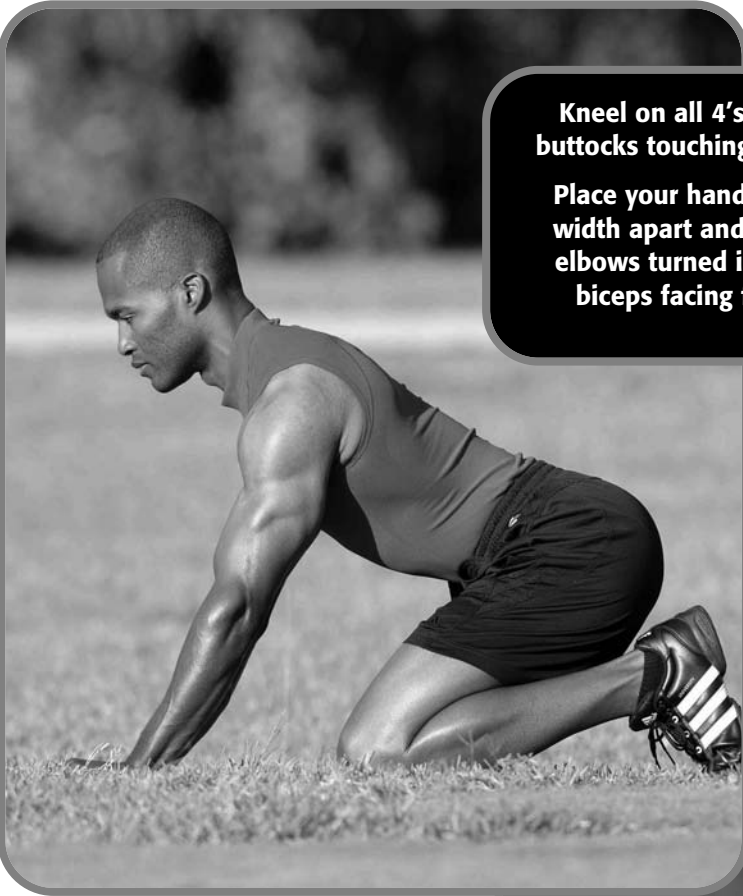
Benefits: Flexibility and range of motion. Low level rotational development.

The kneeling back twist is the second piece to loosening up the thoracic spine. Thoracic mobilizations address the extension of the spine and the back twist covers the rotational aspect of the golf swing.

### Instructions

1. Kneel on all 4's with your buttocks touching your heels.
2. Place your hands shoulder width apart and keep your elbows turned in (i.e. your biceps facing forward.)
3. Lift your right arm and extend it behind your body. Your thumb side of your hand is facing up.
4. **VERY IMPORTANT!** Extend your arm back only as far as your body will allow. Forcing your arm back will upset your shoulder and reinforce a bad movement pattern.
5. Once you have rotated back as far as you can, hold this position.
6. Take a deep breath and hold it for 2 seconds then exhale trying to rotate a bit more.
7. Do this release technique 2 more times then change sides.





**Kneel on all 4's with your buttocks touching your heels.**

**Place your hands shoulder width apart and keep your elbows turned in (i.e. your biceps facing forward.)**

**Lift your right arm and extend it behind your body. Your thumb side of your hand is facing up.**

**VERY IMPORTANT! Extend your arm back only as far as your body will allow. Forcing your arm back will upset your shoulder and reinforce a bad movement pattern.**



## **7. Shoulder Twist**

Target Area: Spinal Rotators, Shoulder and upper back muscles

Benefits: Flexibility and mobility in the shoulder and spine.

The shoulder twist will assist you in the backswing phase of the golf swing. It releases the brakes on the muscles that twist the spine and in the upper back. The shoulder twist will allow your lead arm to cross your chest easier. This is a good stretch to do in the middle of your round. If you find yourself “hitting it fat” (making large divots) the shoulder twist opposite of your backswing may help. So if you are right handed, perform a shoulder twist to the left.

### **Instructions**

- Stand with your feet shoulder width apart and knees slightly bent.
- Pull your left arm across your body with the palm facing upward. Keep your left arm straight.
- From this position rotate your body to the right as far as possible.
- Keep your legs straight, buttocks tight and hips square as you turn your shoulders.
- Take a deep breath and hold it for a second. At the same time push your left arm into your right hand but do not move. Focus on turning your torso back to the left without actually moving. Hold this position for a second and then release and twist further into the stretch i.e. back to the right. You may not move very far. Simply focus on relaxing after you exhale using the breathing techniques discussed earlier.
- Advance this drill by combining it with a bend. In the bend position, keep the head fixed like in the backswing.



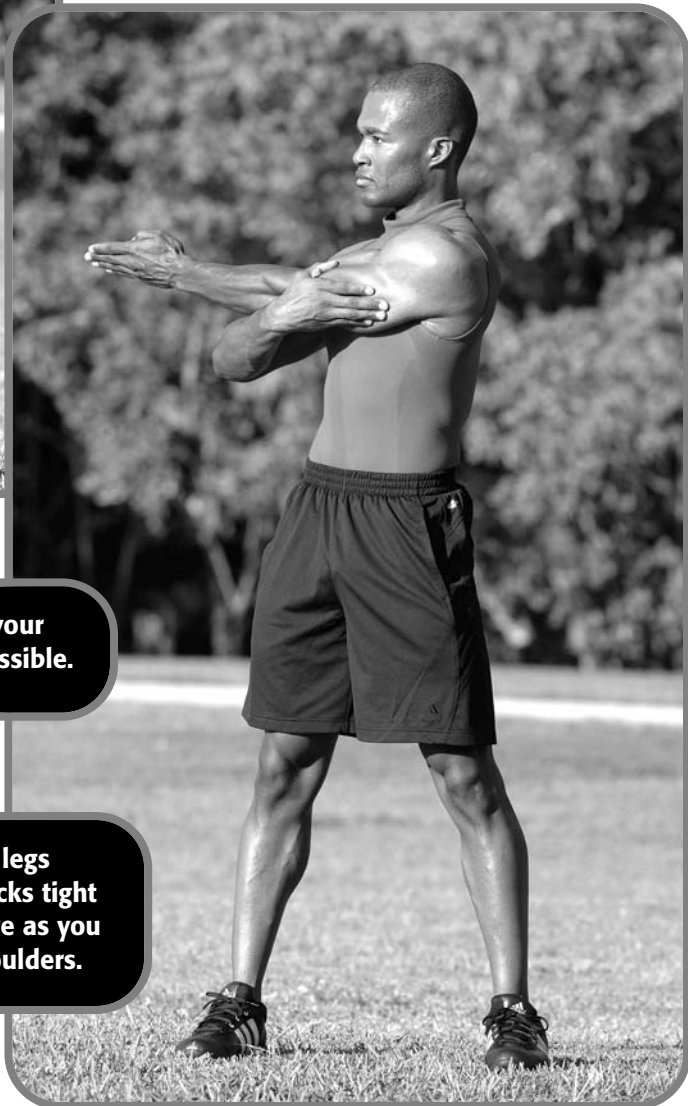
**Progression:** Stretch the tight shoulder until you have equal twisting action on both sides.



**HARDSTYLE GOLF CONDITIONING**



**Pull your left arm across your body with the palm facing upward. Keep your left arm straight.**

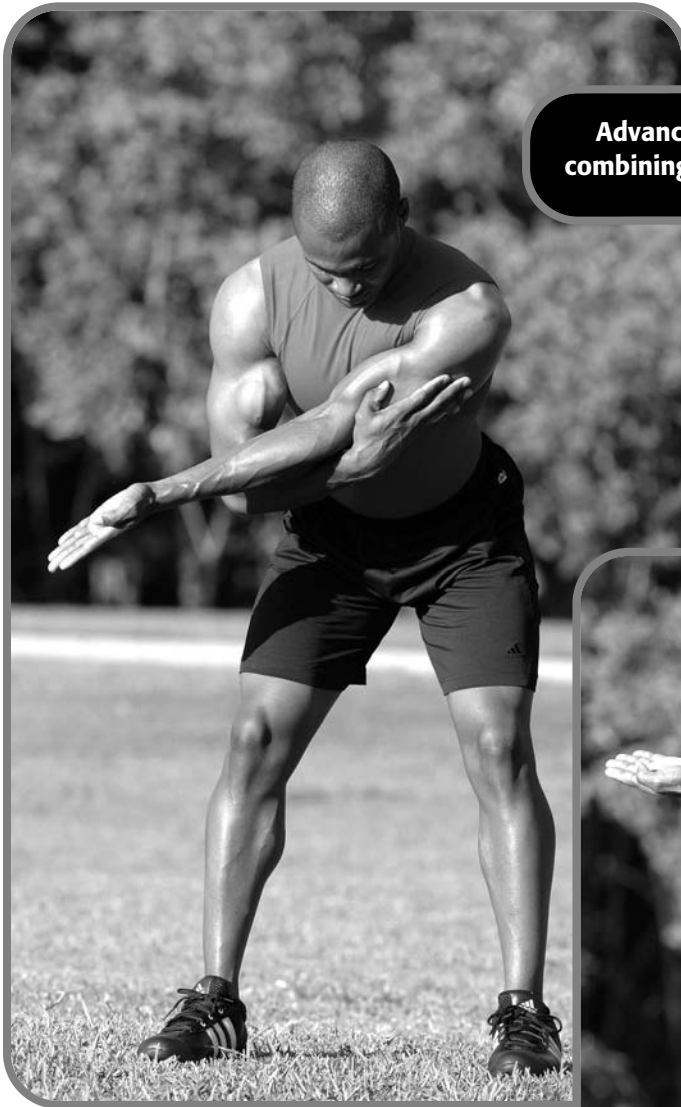


**From this position rotate your body to the right as far as possible.**

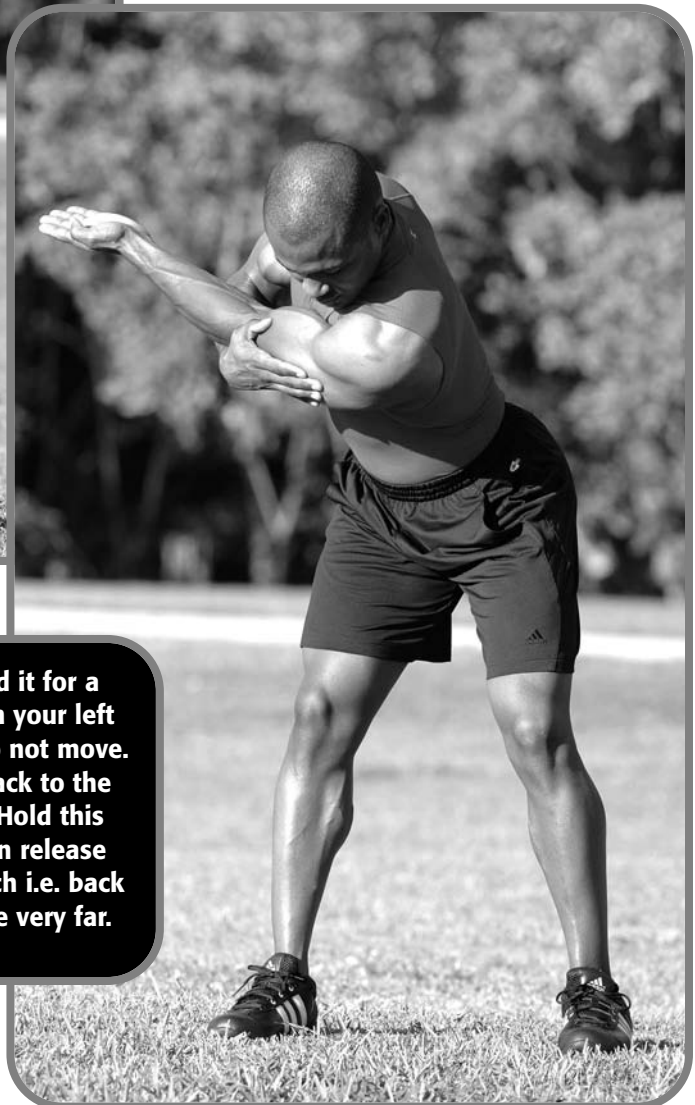
**Keep your legs straight, buttocks tight and hips square as you turn your shoulders.**



**PHASE I. FLEXIBILITY DRILLS**

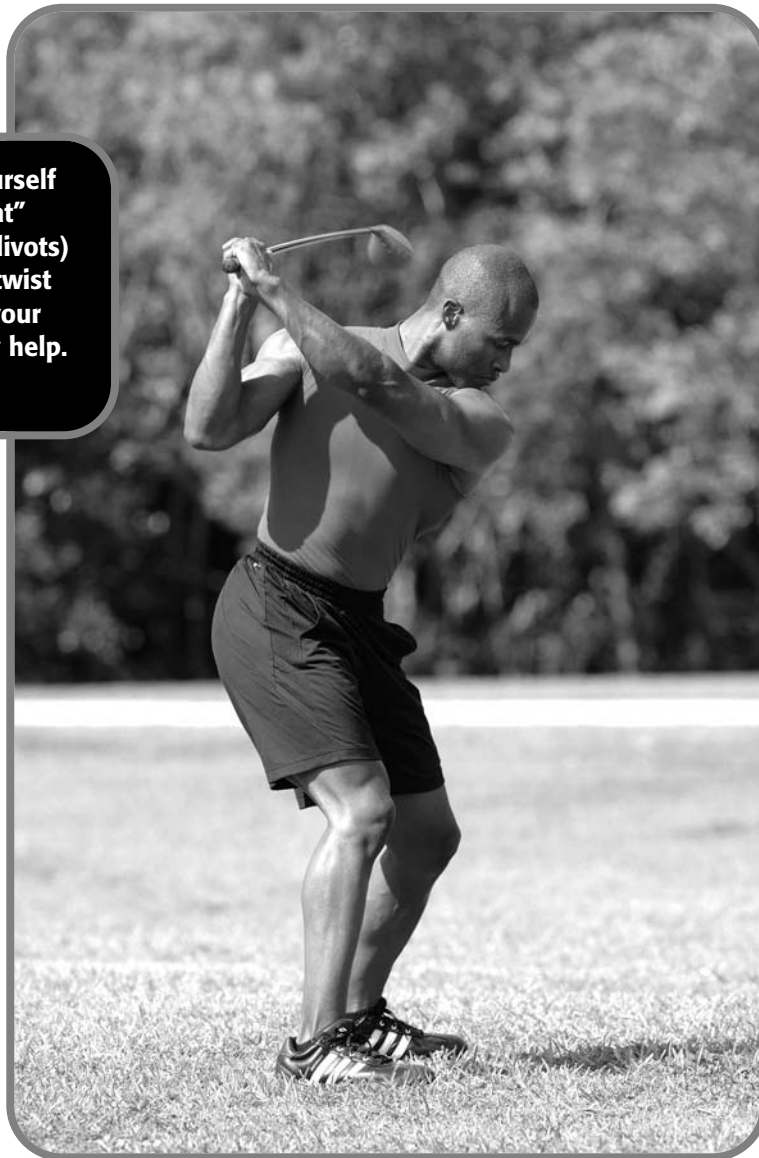


**Advance this drill by combining it with a bend.**



**Take a deep breath and hold it for a second. At the same time push your left arm into your right hand but do not move. Focus on turning your torso back to the left without actually moving. Hold this position for a second and then release and twist further into the stretch i.e. back to the right. You may not move very far.**

**If you find yourself  
"hitting it fat"  
(making large divots)  
the shoulder twist  
opposite of your  
backswing may help.**



## 8. Good Morning Stretch

Target Area; Hamstrings

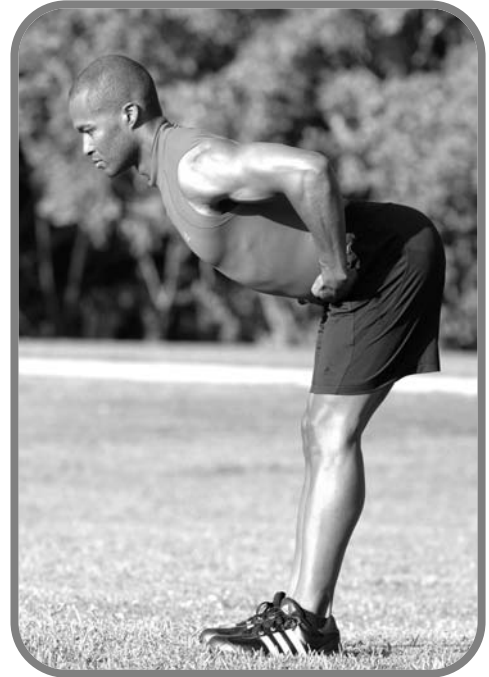
Benefits: hamstring flexibility, hip and lower back mobility

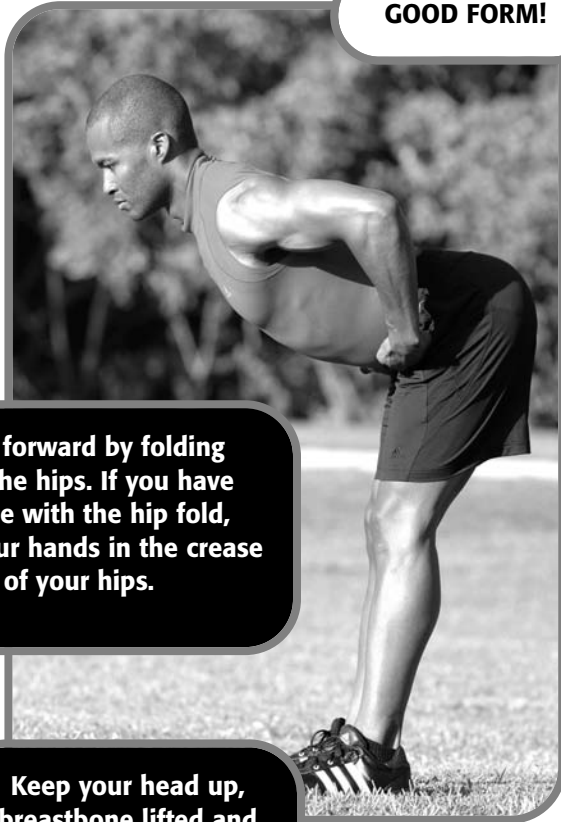
The skill of folding from the hips is vital to a smooth, powerful and safe golf swing. In addition to releasing tight hamstrings, the Good Morning stretch is the first drill that will teach you the skill of the hip fold. The hamstrings are important to golf because tight hamstrings will restrict your ability to bend. If you have tight hamstrings, they will lock your hips into place forcing the lower back to compensate by bending more. This will most definitely spell disaster for your lower back if not corrected.

### **Instructions**

- Stand with your feet parallel and about hip width apart.
- Bend your knees slightly
- Bend forward by folding from the hips. If you have trouble with the hip fold, place your hands in the crease of your hips. If your back starts to hurt as you bend, use support from the back of a chair or golf cart until you can fold at the hip more efficiently. If you have a good hip fold, you can have both hands in front.
- Keep your head up, breastbone lifted and tailbone lifted.
- Keep the lower back straight and only go down as far as you can keep it straight.
- Once you have reached the sticking point in the stretch, take a deep breath in and hold it. Then squeeze your buttocks and abdominals for a second. It will almost feel like you are going to the bathroom but holding it in at the same time.
- Exhale through your mouth, release your buttocks, abdominals and then sink further into the stretch.

**Progression:** the normal bend position for the good morning stretch is about 50 degrees. If you can bend forward as far as the illustration while keeping the lower back straight, you are ready for the maintenance phase of your flexibility program.





**Bend forward by folding from the hips. If you have trouble with the hip fold, place your hands in the crease of your hips.**

**Keep your head up, breastbone lifted and tailbone lifted.**

**"If you have tight hamstrings, they will lock your hips into place forcing the lower back to compensate by bending more. This will most definitely spell disaster for your lower back if not corrected."**



**INCORRECT FORM!**

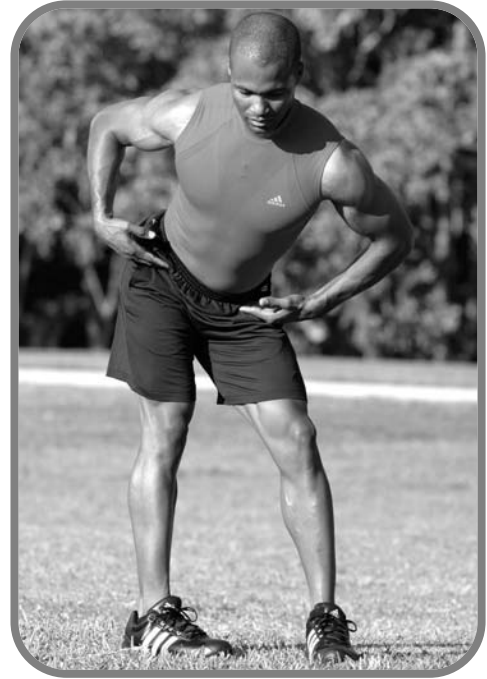


## **9. Cigarette Butt Stretch**

Target Area; (Primary)-Hip Rotators (Secondary)-Hamstrings

Benefits; hip rotator flexibility and mobility, hip coordination

The cigarette butt stretch is adopted from the Golf Biomechanics Manual and addresses hip flexibility, mobility and coordination. It adds a rotation component to the hip fold and simulates the hip mechanics of the golf swing. The cigarette butt stretches the piriformis muscle that sits under the meaty gluteus maximus and acts as its little helper. Unfortunately most people's buttocks are weak and as a result the piriformis works harder than it needs to. The proof is in the increasing number of lower back injuries. A strong gluteus maximus will protect the pelvis and lower back from injury. You will learn how to build a powerful set of buttocks with the kettlebell exercises in your Hard Style Golf Conditioning program.



### **Instructions**

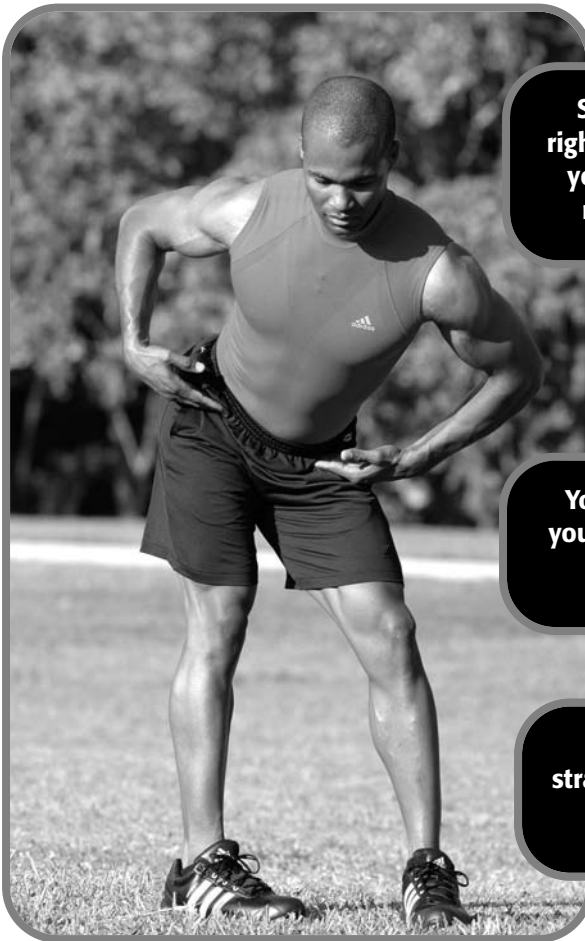
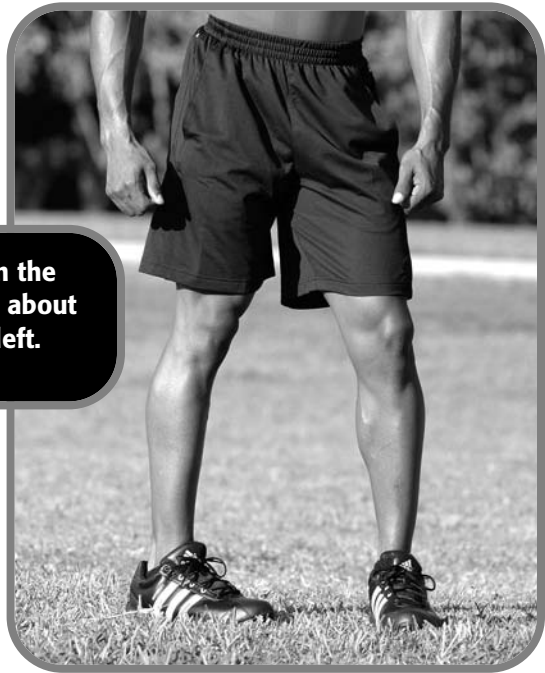
- Stand with your feet parallel and shoulder width apart.
- Lift your right toe in the air and then turn it in about 45 degrees to the left.
- Shift your weight back toward your right heel while folding at the hip. Place your right hand in the crease of your right hip if you are having trouble. You should now feel the stretch in your right buttock. The key is to kick the hip out to the right.
- At this point take a deep breath in and hold it. Then squeeze your buttocks and abdominals for a second.
- Exhale through your mouth, release your buttocks and abdominals then sink further into the stretch. Keep your lower back straight and tail bone up like in the good morning stretch.

**Progression:** This is another stretch you will need to go by feel. If you get into the correct position and do not feel significant tightness, perform this stretch to maintain flexibility.

**HARDSTYLE GOLF CONDITIONING**



**Lift your right toe in the air and then turn it in about 45 degrees to the left.**



**Shift your weight back toward your right heel while folding at the hip. Place your right hand in the crease of your right hip if you are having trouble.**

**You should now feel the stretch in your right buttock. The key is to kick the hip out to the right.**

**Keep your lower back straight and tail bone up like in the good morning stretch.**

## **10. Windmill Stretch**

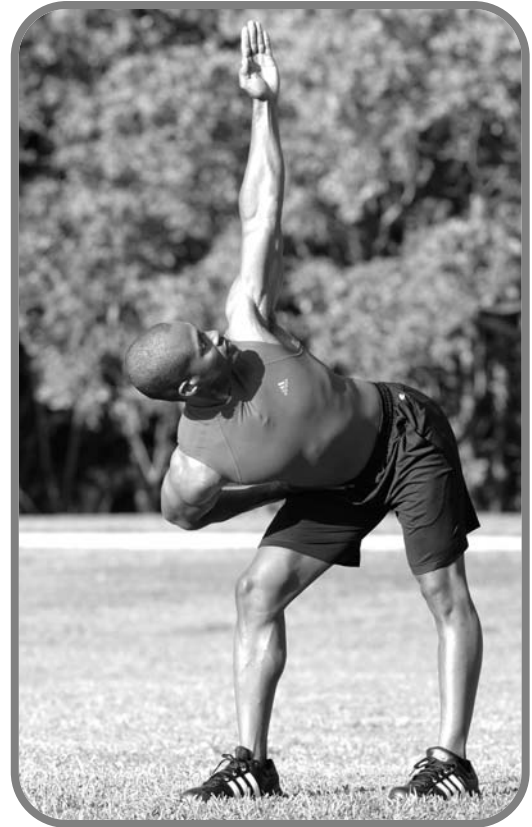
Target Area; hamstrings, spine rotators, hip rotators

Benefits; Flexibility, Rotational mobility, chest opener, low level strength and stability

The windmill stretch is an integrative posture that combines the skills of the bend, hip fold, and trunk twist patterns of the golf swing. It combines the skills learned in the good morning and cigarette butt stretches. Mastery of this drill will download some great software into your nervous system that will upgrade your golf performance in a nanosecond.

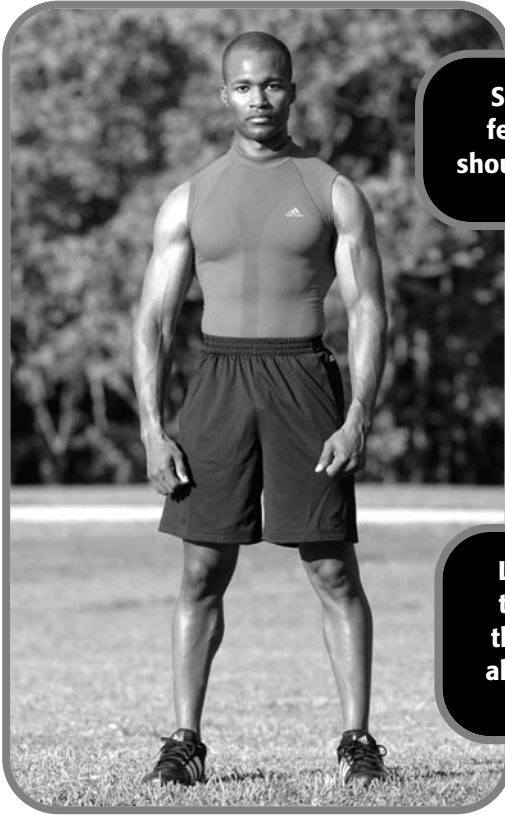
### **Instructions**

- Stand with your feet parallel and shoulder width apart.
- Lift your toes in the air and turn them to the right about 45 degrees.
- Place your right hand in the crease of your right hip. Now kick your hip out to the left
- Bend forward in the direction of your toes. Bend at the hips focusing on increasing the hip crease.
- Reach above your head with your left arm. Push your arm slightly behind your body.
- Look up at your left hand.
- Keep the left shoulder pressed down by squeezing the armpit of your left arm. This squeezing of the armpit will be important in the kettlebell military press, windmill and bent press strength exercises. So how do you squeeze your armpit? Do this by pressing your shoulder down towards your hips.
- Breathe in and squeeze your buttocks, and abdominals. Exhale, release and sink down further into the windmill.
- To increase the rotation, pretend like you are pressing against an imaginary wall with your left hand trying to twist your body back to the left.

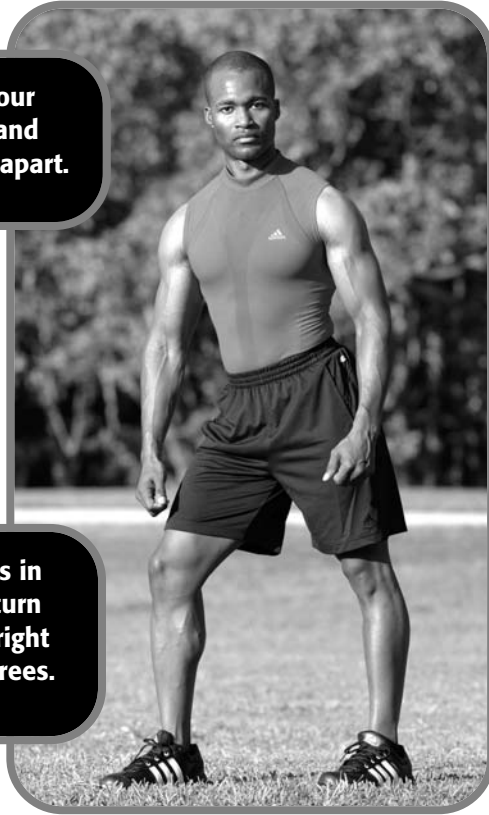


**Progression:** the windmill stretch is an integrative stretch that combines 2 key components of the golf swing. Therefore I will recommend that it be performed indefinitely.

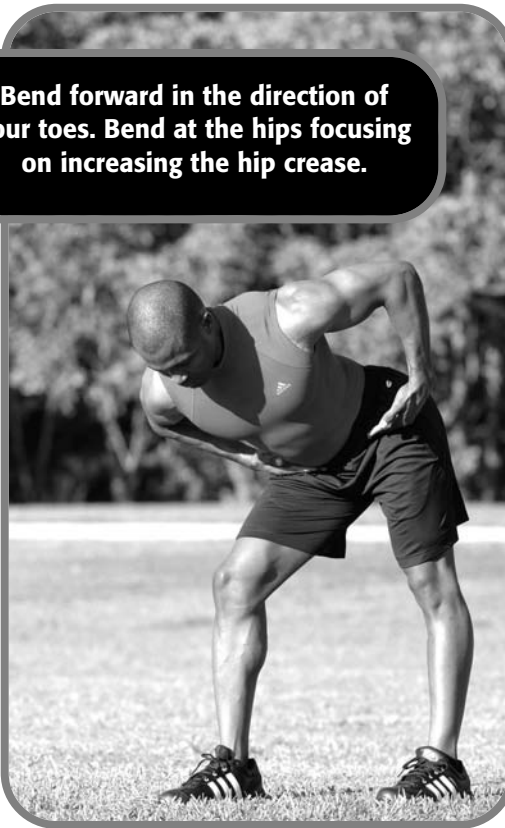
**HARDSTYLE GOLF CONDITIONING**



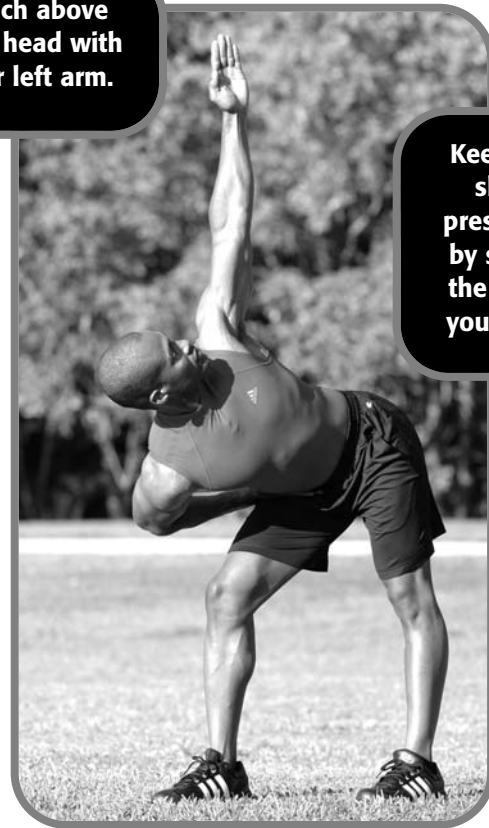
**Stand with your feet parallel and shoulder width apart.**



**Lift your toes in the air and turn them to the right about 45 degrees.**



**Bend forward in the direction of your toes. Bend at the hips focusing on increasing the hip crease.**



**Reach above your head with your left arm.**

**Keep the left shoulder pressed down by squeezing the armpit of your left arm.**



## **11. Groin Rock Stretch**

Target Area: short adductors

Benefits: improved hip posture and hip mobility

This doozie will definitely have you crying for mommy if these muscles are tight and they are in most people. You can thank Paul Chek and his Golf Biomechanics Manual for sharing the pain. The short adductor muscles are dense, thick and get tight very easily. The Groin Rock stretch will give you some added freedom in your hips to further release the power breaks.



### **Instructions**

- Kneel on the floor with a towel or mat under your knees.
- Spread your knees apart as far as you can and rest your weight on your forearms.
- Your toes are pointed outward like a frog.
- Shift your hips back towards your feet while keeping an arch in your lower back i.e. stick your butt out. Only go back as far as you can keep your butt out.
- Now from this position take a deep breath in and hold it. Now squeeze your inner thighs into the floor and hold for 3 to five seconds.
- Exhale and relax further into the stretch. You may not open your legs very far after you exhale. Simply focus on relaxing into the stretch.
- Move into the recovery position for a few seconds then repeat the sequence. If these muscles are tight you will soon know why it is a "recovery" position.

**Progression:** some muscles will unfortunately always be tight and the short adductor muscles are one of them. Most women and very flexible men will have a tendency to loosen up quickly with the groin rock stretch and may need to go into a maintenance phase once they have adequately stretched these muscles. But for the rest of us, the groin rock stretch will be apart of our flexibility program indefinitely.

**HARDSTYLE GOLF CONDITIONING**



**Kneel on the floor with a towel or mat under your knees.**

**Spread your knees apart as far as you can and rest your weight on your forearms.**

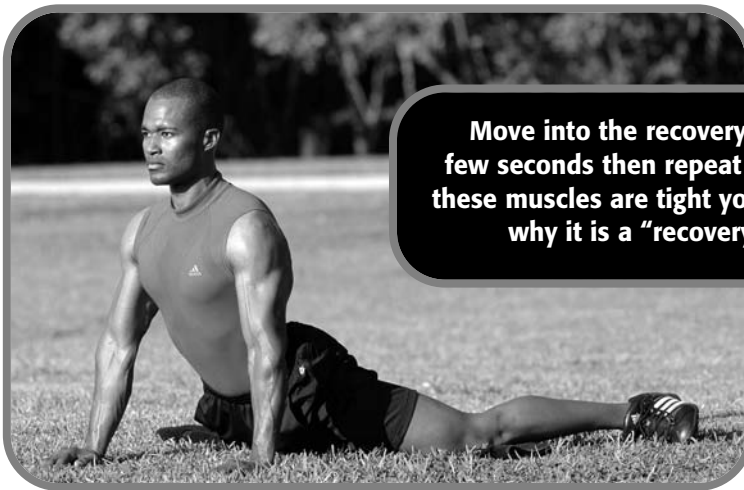
**Your toes are pointed outward like a frog.**

**Shift your hips back towards your feet while keeping an arch in your lower back i.e. stick your butt out. Only go back as far as you can keep your butt out.**

**Now from this position take a deep breath in and hold it. Now squeeze your inner thighs into the floor and hold for 3 to five seconds.**



**Move into the recovery position for a few seconds then repeat the sequence. If these muscles are tight you will soon know why it is a "recovery" position.**

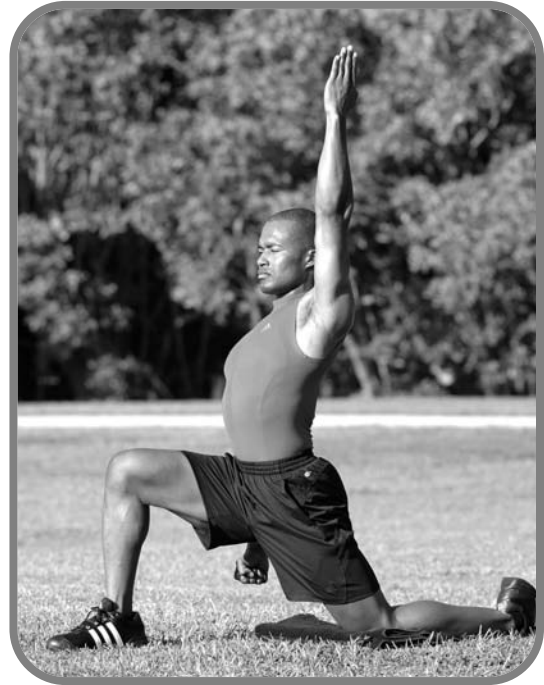


## 12. Kneeling Lunge Stretch

Target area: hip flexors

Benefits: restores mobility and flexibility in the hips and spine.

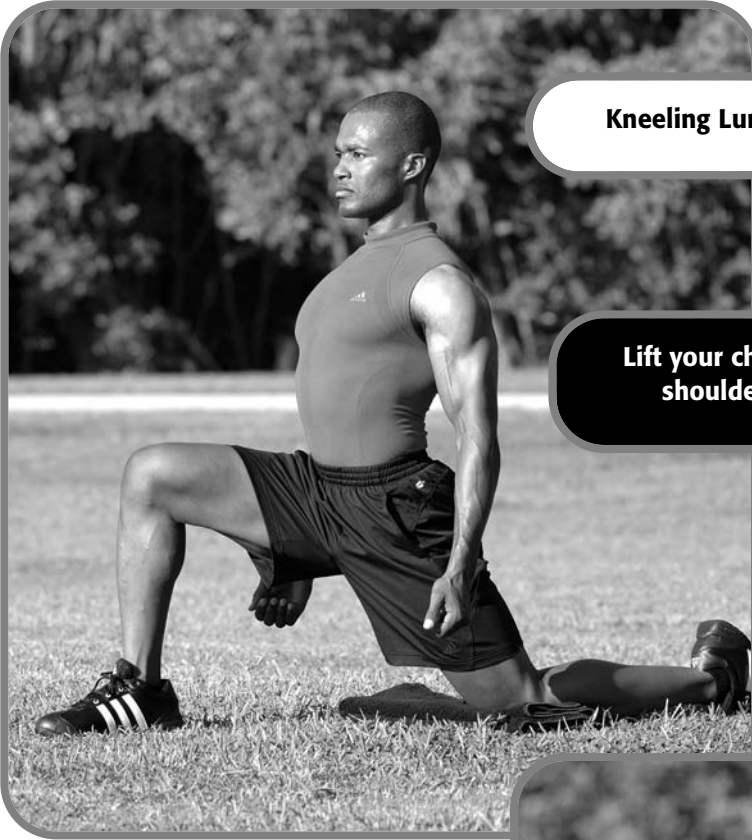
The hip flexors are the muscular link between the spine and the legs. Doctor Vladimir Janda (1923-2002) an international authority on rehabilitation states that most muscle imbalances originate at the hip flexors. So what he is saying is that the hip flexors affect the posture of the upper and lower body. Tight hip flexors will place extra compression forces on your lower back. If you combine these forces with the forces generated during the golf swing, tight hip flexors have the potential to create a very serious injury to the lower back. If you do have tight hip flexors the kneeling lunge stretch will help.



### Instructions

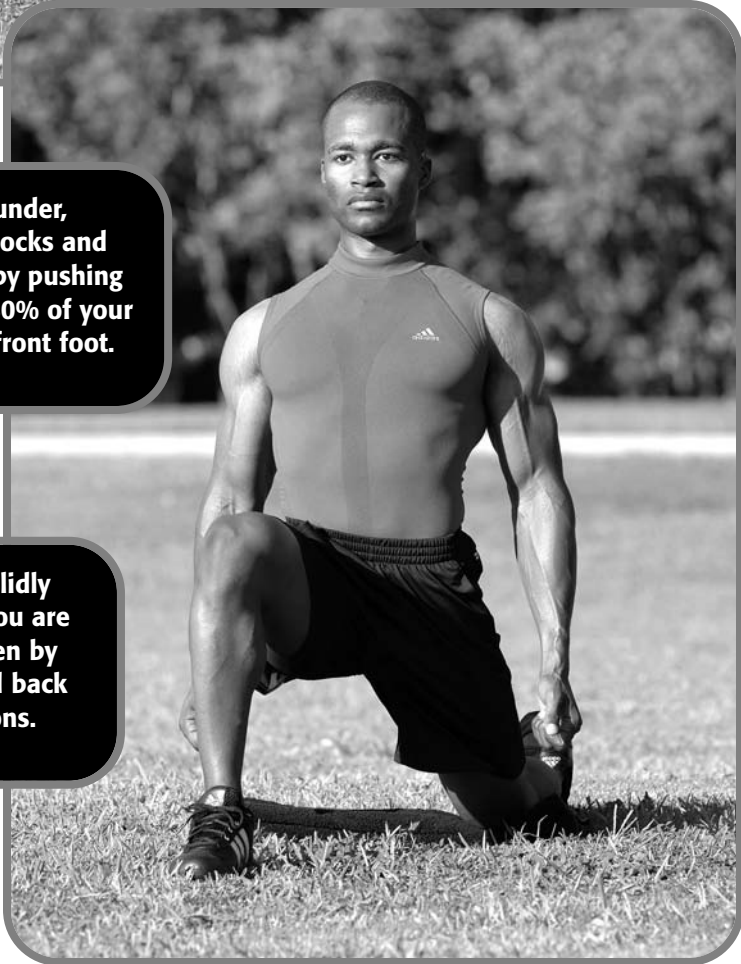
- Kneel on the floor in the lunge position. Start with your left knee down.
- Your arms are at your sides.
- Lift your chest and squeeze your shoulder blades together.
- Tuck your tail under, squeeze your buttocks and then lean forward by pushing your hips forward. 80% of your weight is on your front foot.
- Keep both feet planted solidly on the floor. Pretend that you are trying to split the floor open by pushing your front foot and back knee in opposite directions.
- Take a deep breath in. Hold the air in your lungs for a second. At the same time apply more pressure to your "split the floor" technique". Exhale through the mouth and then relax further into the stretch.
- Intermediate version: Place your left arm overhead and your left hand on your left hip.
- Advanced version: place your right hand on the floor and rotate more.

**Progression:** the hip flexors are a bit tricky in that they tend to be really tight or really loose. Either scenario can produce posture imbalances and or back pain. A dead giveaway that you have tight hip flexors is that you have a *Donald Duck* posture in your hips i.e. your butt sticks out excessively. On the other hand if you have a *Pink Panther* type posture where your hips project forward in relation to your shoulders you most likely will have loose hip flexors. If you perform the lunge stretch with proper form and do not feel the stretch deep in the groin area you may have loose hip flexors and will need to go to maintenance mode with the lunge stretch.



**Kneeling Lunge Beginner**

**Lift your chest and squeeze your shoulder blades together.**

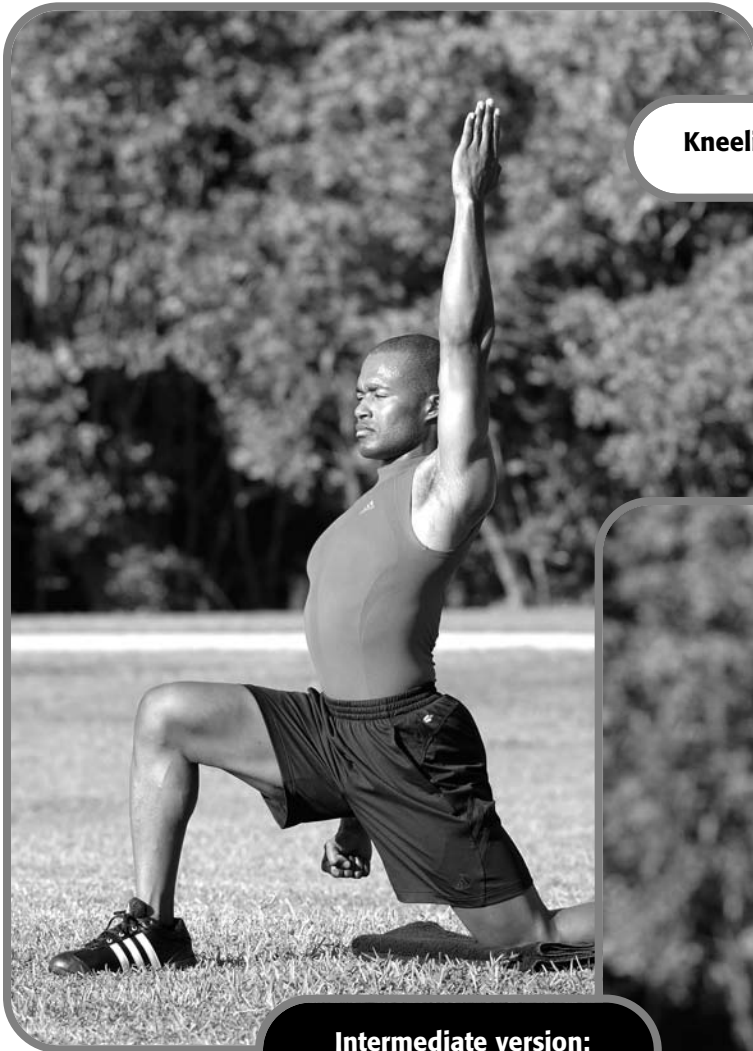


**Tuck your tail under, squeeze your buttocks and then lean forward by pushing your hips forward. 80% of your weight is on your front foot.**

**Keep both feet planted solidly on the floor. Pretend that you are trying to split the floor open by pushing your front foot and back knee in opposite directions.**

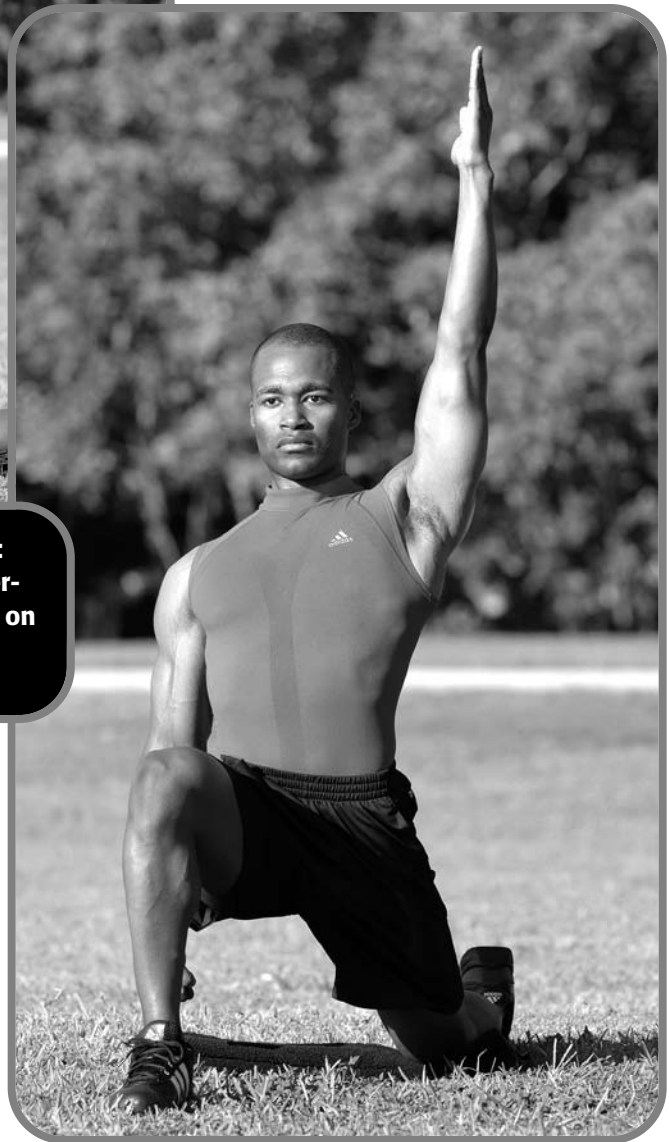


**PHASE I. FLEXIBILITY DRILLS**



**Kneeling Lunge Intermediate**

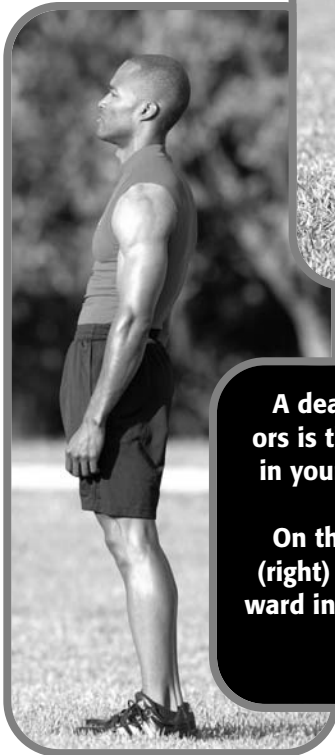
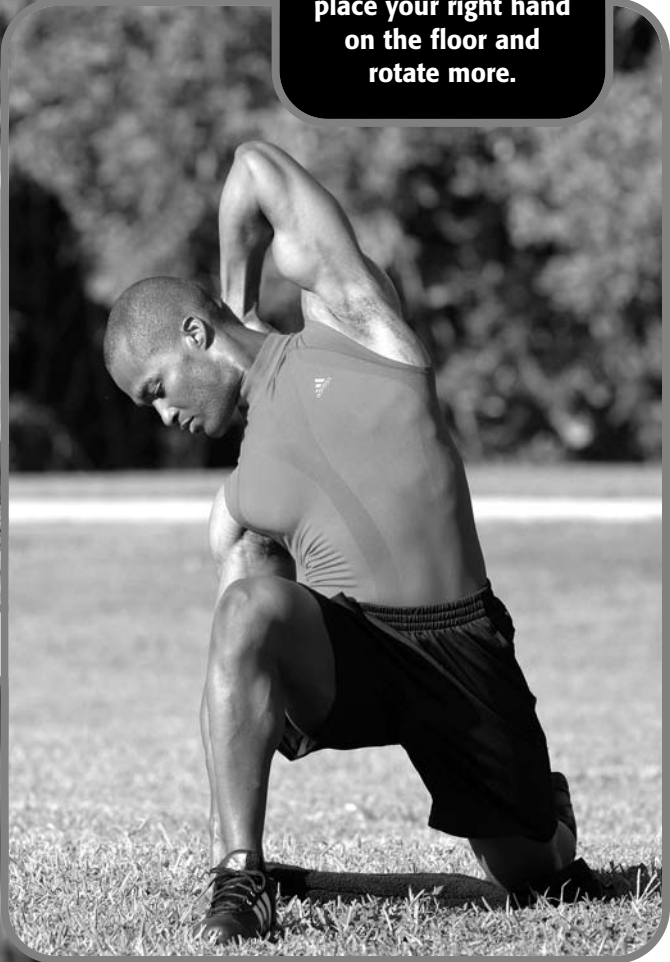
**Intermediate version:  
Place your left arm over-  
head and your left hand on  
your left hip.**





**Kneeling Lunge Advanced**

**Advanced version:  
place your right hand  
on the floor and  
rotate more.**



**A dead giveaway that you have tight hip flexors is that you have a Donald Duck (left) posture in your hips i.e. your butt sticks out excessively.**

**On the other hand if you have a Pink Panther (right) type posture where your hips project forward in relation to your shoulders you most likely will have loose hip flexors.**



***Phase II.  
Mobilization Drills***



# ***Mobilization Drills***

Research has shown that the golf swing requires about 90% of voluntary muscular effort. That means you use almost all of your available power when swinging a golf club. If the body is not prepared for such an effort, you will greatly increase your chances of getting injured or not playing at your best because your body is still in sleep mode. Pavel Tsatsouline in his *SuperJoints* DVD states that a lack of active flexibility (mobility) is one of the major causes of injury. Golf-specific mobilizations increase circulation, relaxation and will prepare you to play a good round of golf. Mobilizations will also give you a good physical recharge after your round. The following exercises should be done before your exercise routine, and/or before after you play golf.





# **1. Egyptian**

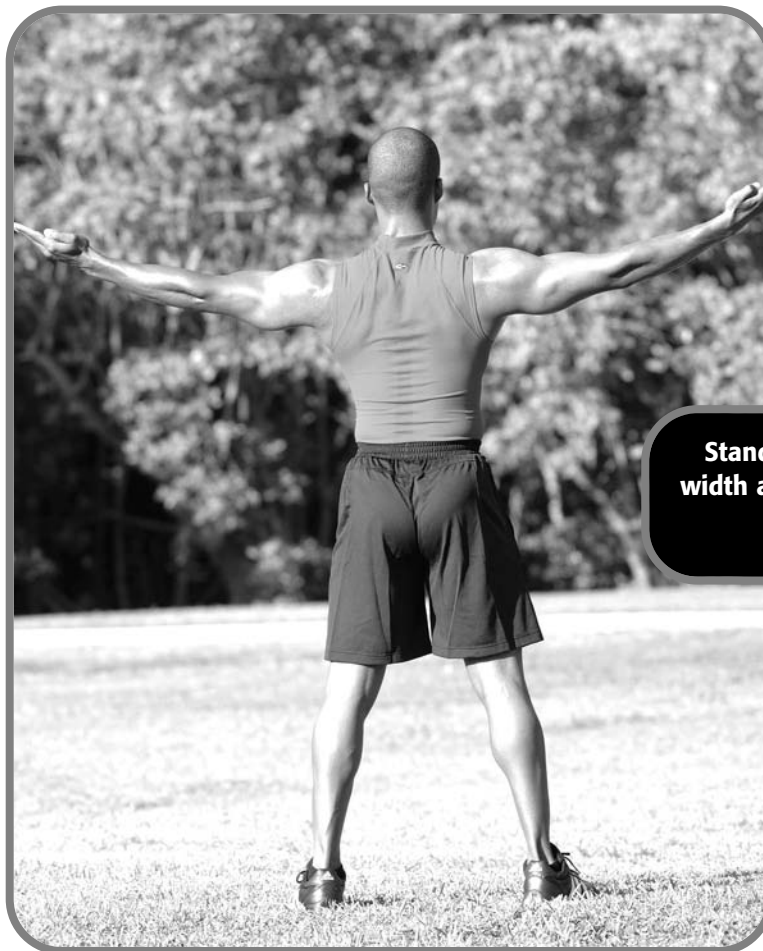
Target area; Spine, hips and shoulders

Benefits: rotational mobility

The Egyptian as well as the Kidney Taps were introduced to me by Senior RKC Steve Maxwell in his DVD “Joint Mobility and Recharge” and are great mobilizations for the spine, shoulders and hips.

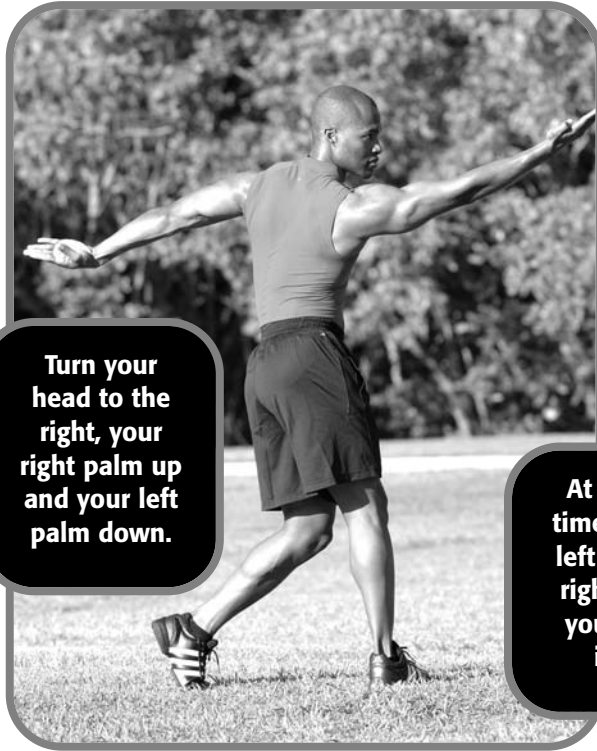
## **Instructions**

- Stand with your feet shoulder width apart and arms straight out to your sides.
- Turn your head to the right, your right palm up and your left palm downward. Both palms will be facing up at the end of the rotation.
- At the same time turn your left toe to the right rotating your left hip inward.
- Uncoil and repeat the same steps but on the other side.
- Maintain a smooth and steady tempo.

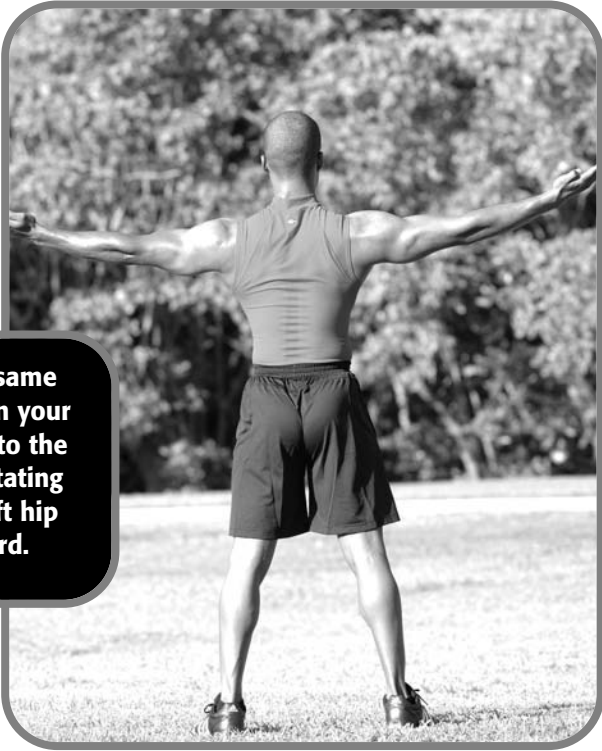


**Stand with your feet shoulder width apart and arms straight out to your sides.**

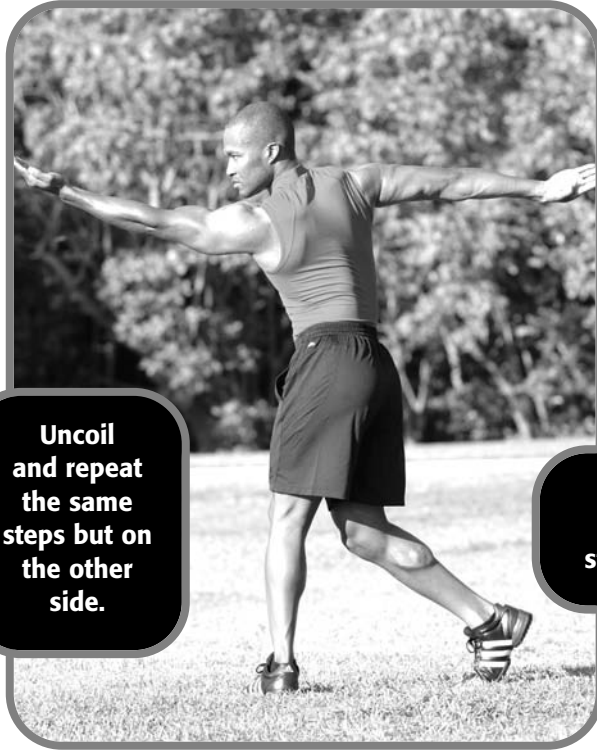
**HARDSTYLE GOLF CONDITIONING**



**Turn your head to the right, your right palm up and your left palm down.**



**At the same time turn your left toe to the right rotating your left hip inward.**



**Uncoil and repeat the same steps but on the other side.**



**Maintain a smooth and steady tempo.**

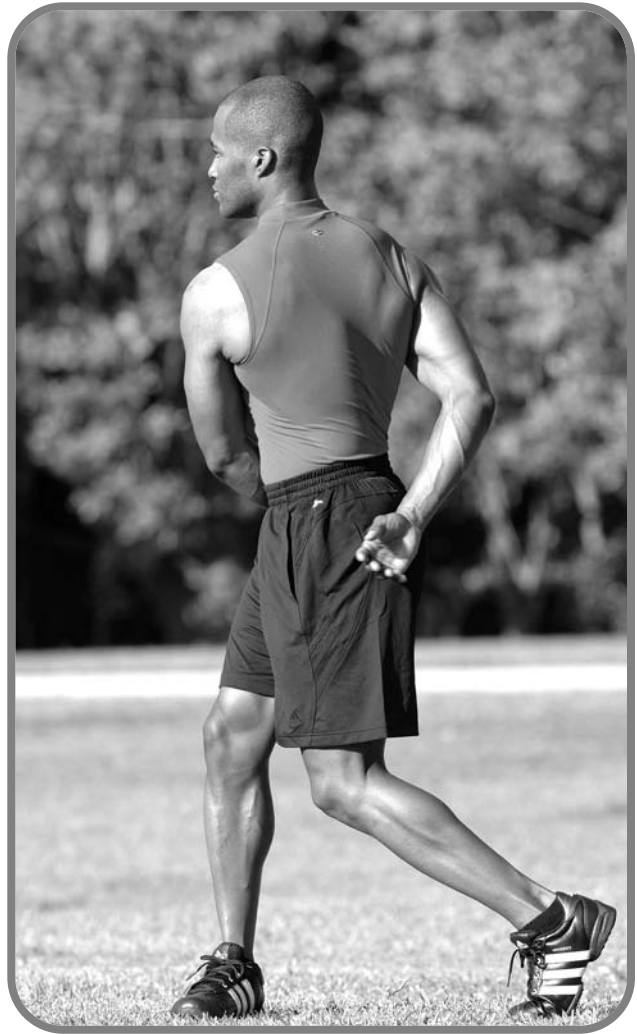
## **2. Kidney Taps**

Target area; Spine, shoulders, hips, and wrists and hands.

Benefits: mobilization and relaxation in the spine, shoulders, hips, hands and wrists.

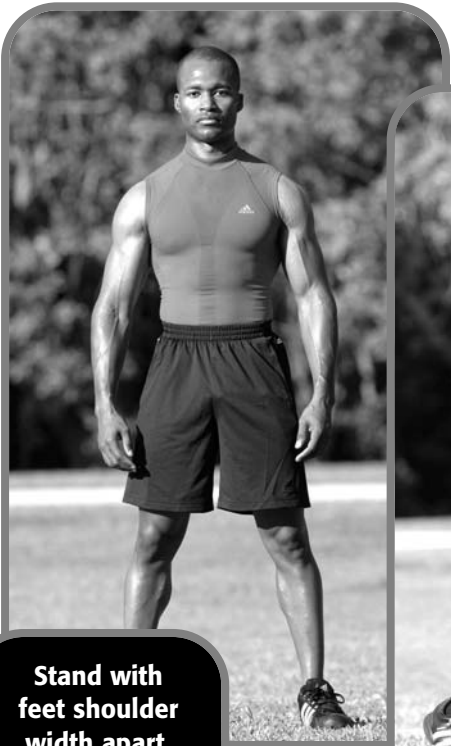
### **Instructions**

- Stand with feet shoulder width apart.
- Twist your torso to the right allowing your arms to swing freely.
- Allow your right arm to bend naturally and “tap” your lower back or kidney area.
- Twist in the other direction using the same pattern.
- Generate the whipping action in the arms by rotation the pivoting with the foot and rotating with the hips and trunk. Relax the arms and let them enjoy the ride.





**HARDSTYLE GOLF CONDITIONING**



**Stand with feet shoulder width apart.**



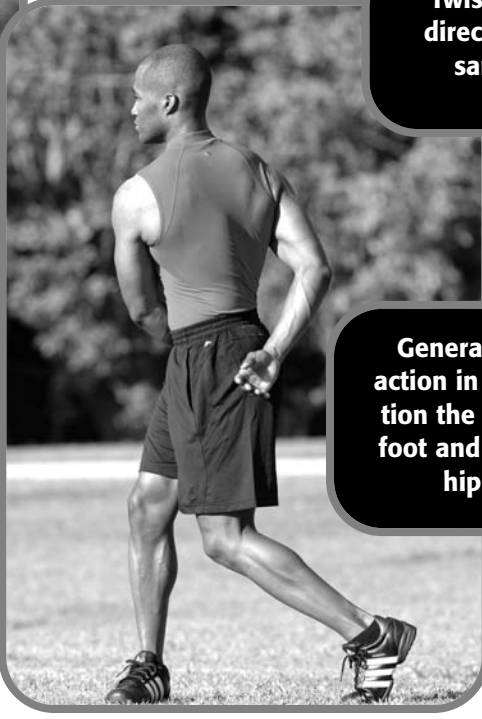
**Twist your torso to the right allowing your arms to swing freely.**



**Allow your right arm to bend naturally and "tap" your lower back or kidney area.**



**Twist in the other direction using the same pattern.**



**Generate the whipping action in the arms by rotation the pivoting with the foot and rotating with the hips and trunk.**



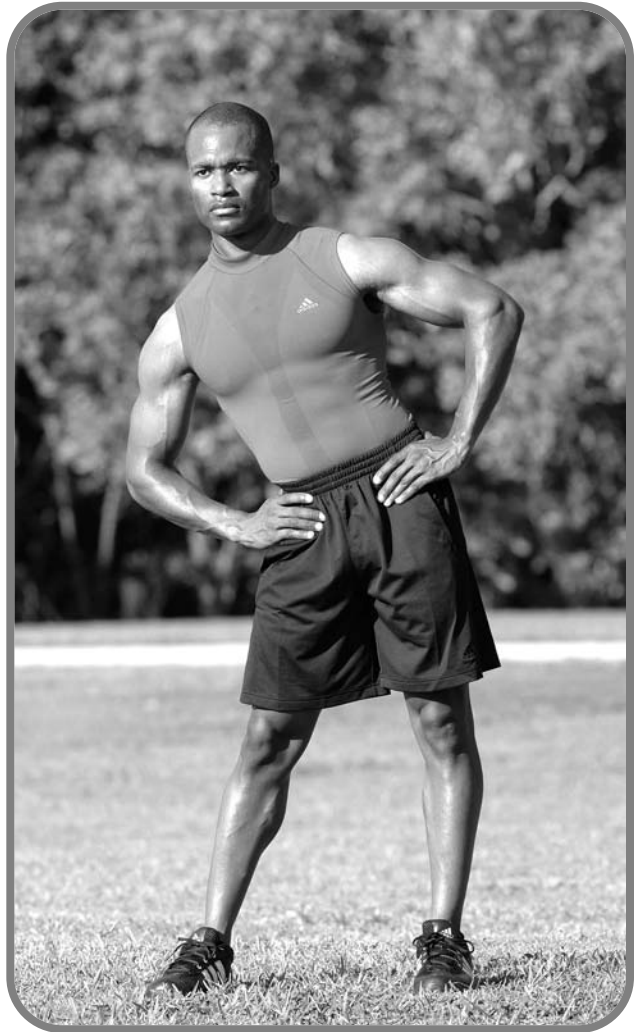
## **3. Hip Circles**

Target area; hip joint

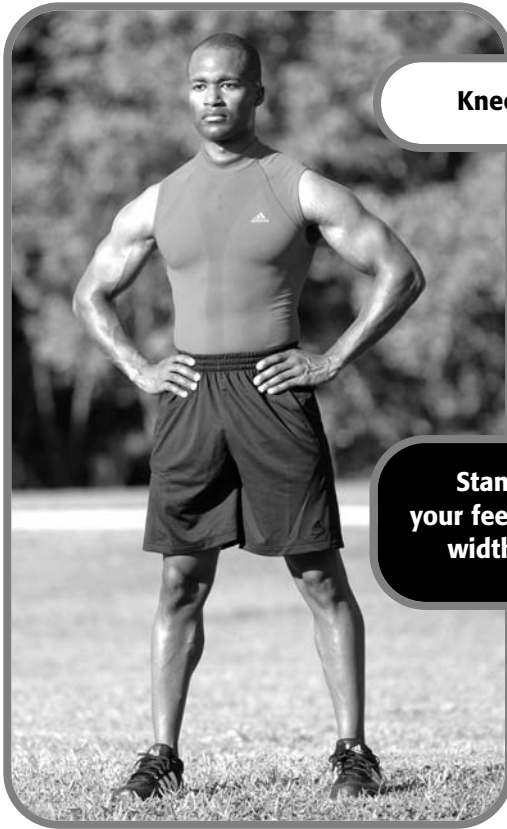
Benefits: mobilizes and increases blood flow to the hip joints.

### ***Instructions***

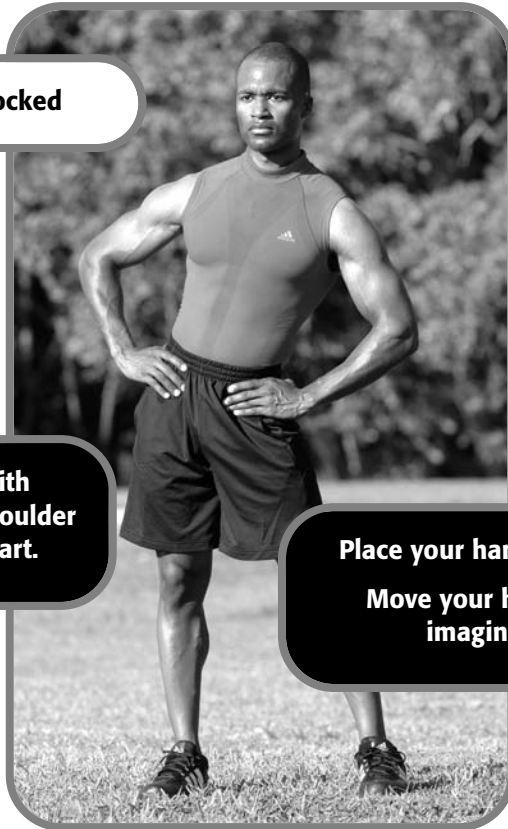
- Stand with your feet shoulder width apart.
- Place your hands on your hips.
- Move your hips around an imaginary circle.
- Focus on keeping your head and feet in line with each other.
- The knees can be either locked or slightly unlocked. The slightly unlocked position has more of a carryover to golf. The locked knee position helps keep the drill exclusive to the hip joint.



**HARDSTYLE GOLF CONDITIONING**

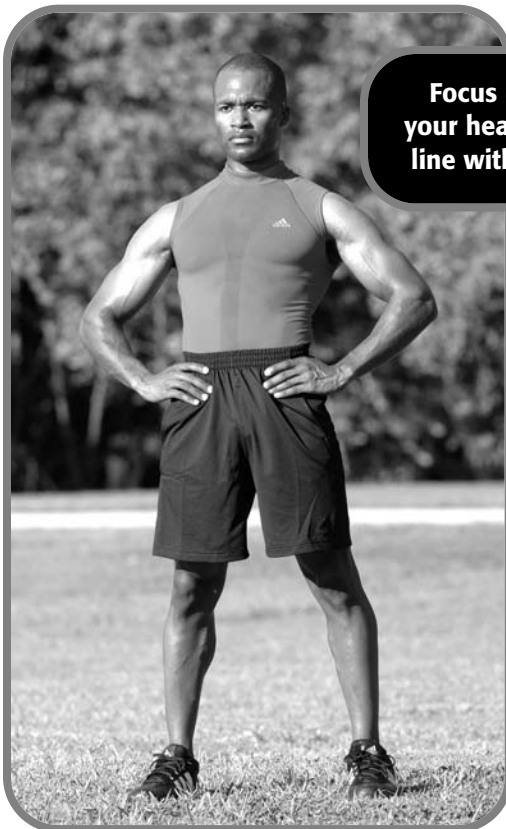


**Knees locked**

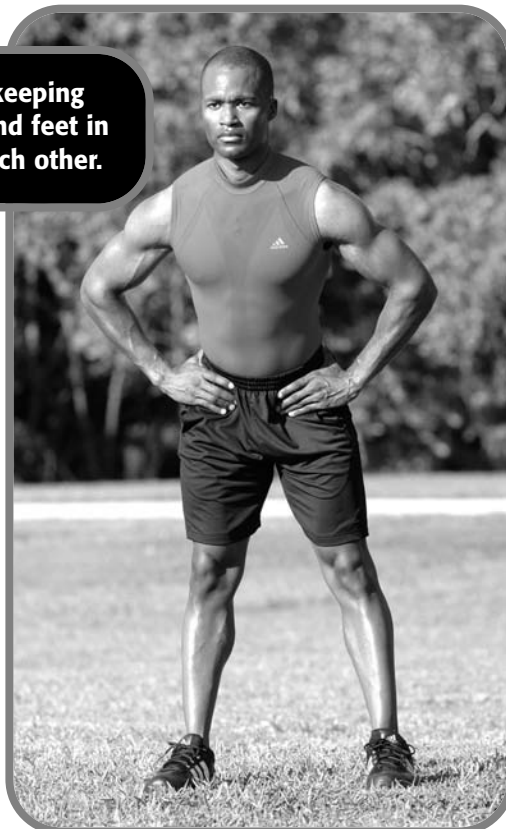


**Stand with  
your feet shoulder  
width apart.**

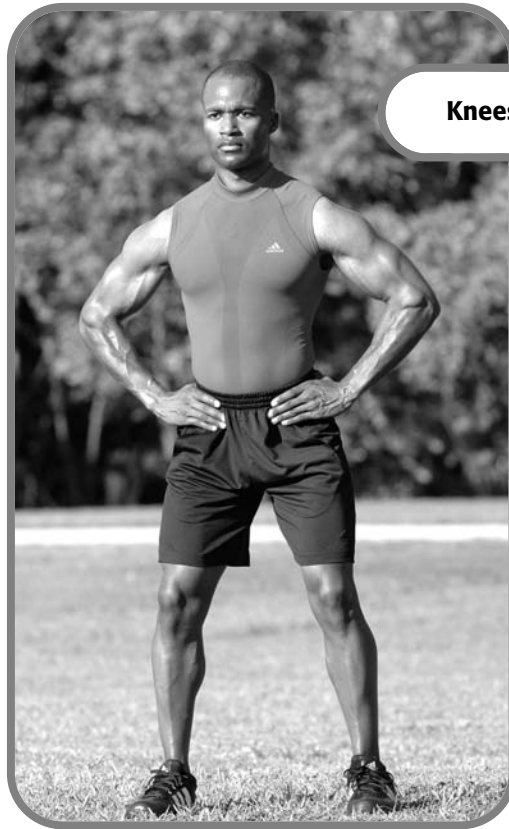
**Place your hands on your hips.  
Move your hips around an  
imaginary circle.**



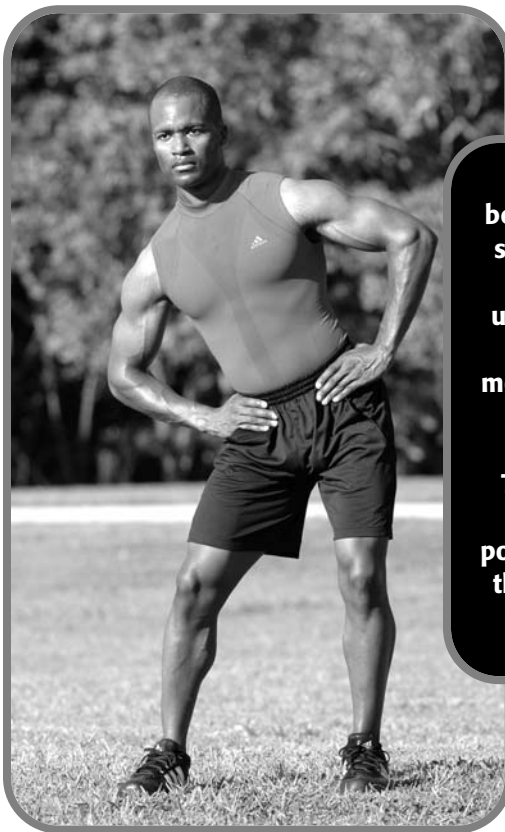
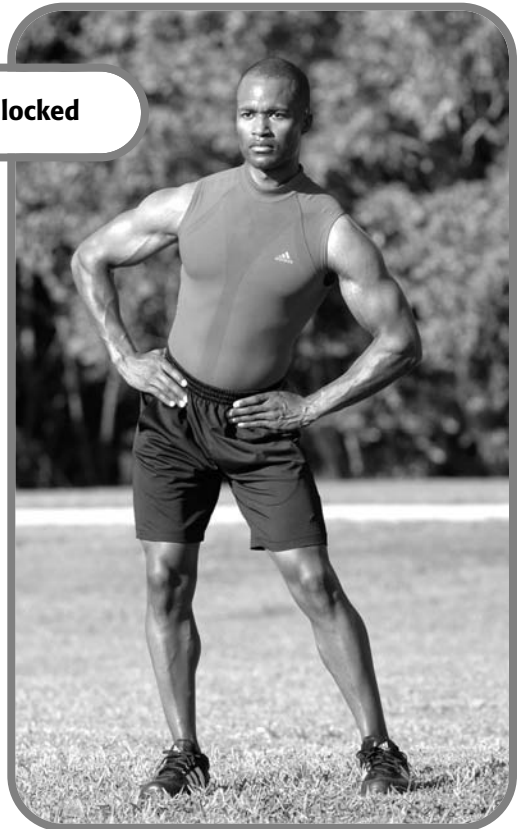
**Focus on keeping  
your head and feet in  
line with each other.**



**PHASE II. MOBILIZATION DRILLS**

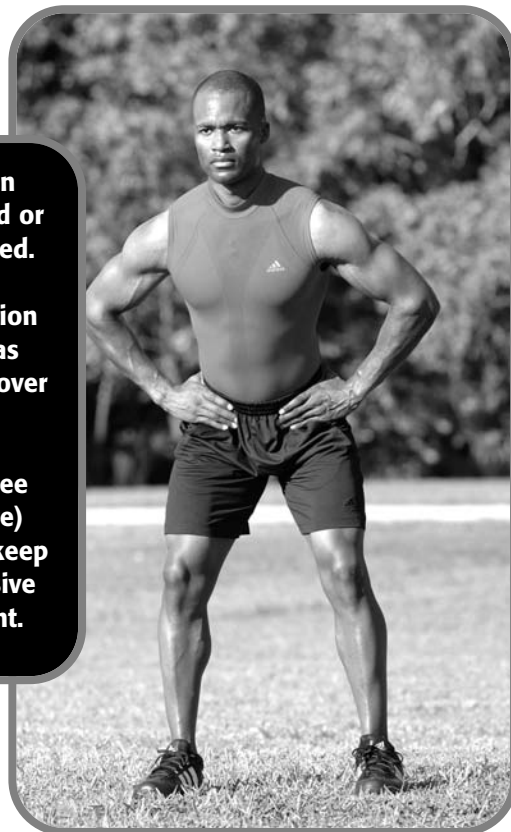


**Knees unlocked**



**The knees can be either locked or slightly unlocked. The slightly unlocked position (this page) has more of a carryover to golf.**

**The locked knee (previous page) position helps keep the drill exclusive to the hip joint.**



**HARDSTYLE GOLF CONDITIONING**





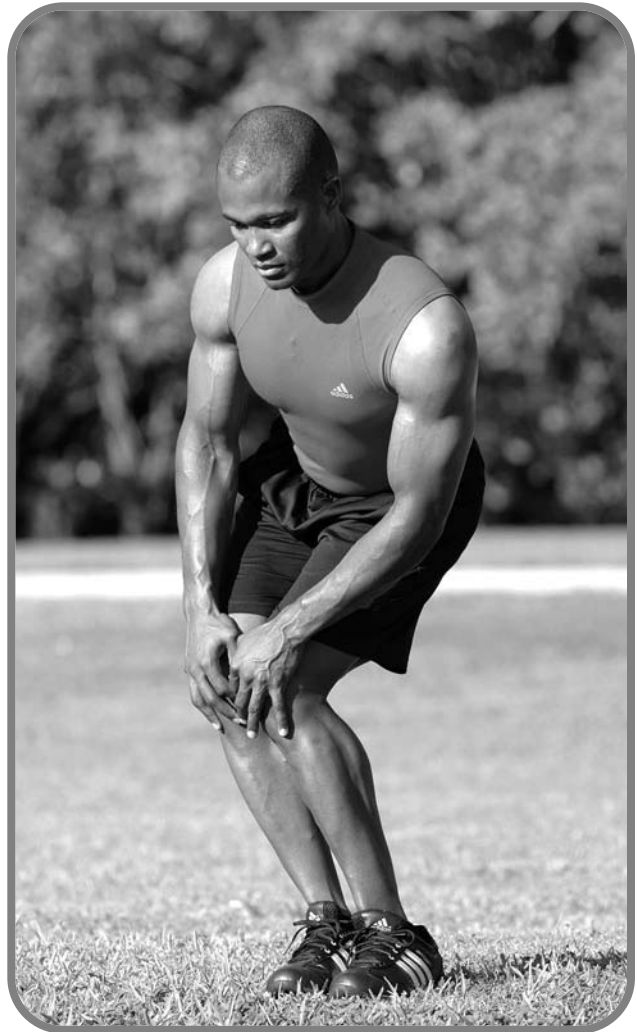
## **3. Hip Circles**

Target Area: Knee joint

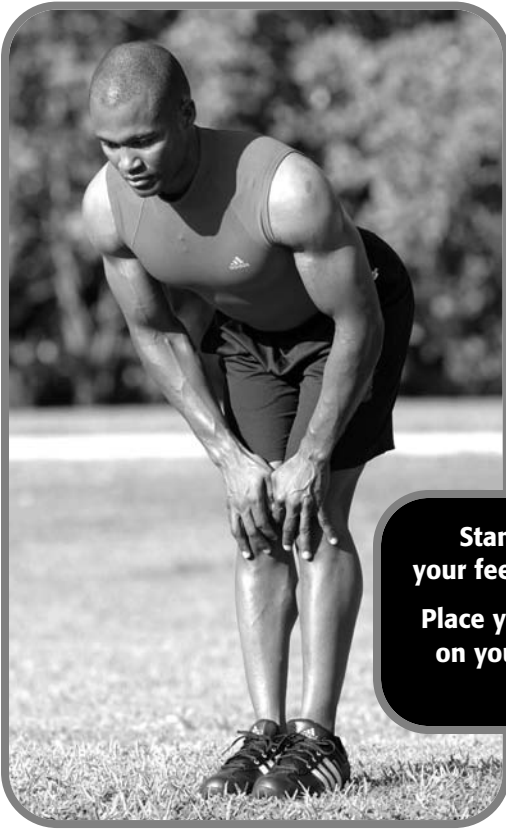
Benefits: increases mobility and blood flow to the knees.

### ***Instructions***

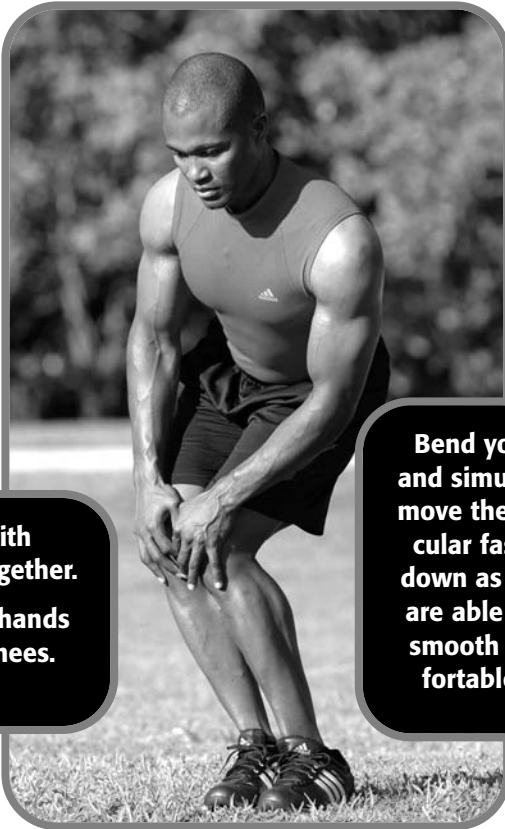
- Stand with your feet together.
- Place your hands on your knees.
- Bend your knees and simultaneously move them in a circular fashion. Go down as far as you are able to keep a smooth and comfortable tempo.
- Reverse the direction of the circle in the middle of your set. If you do 20 reps, change directions on number 10.



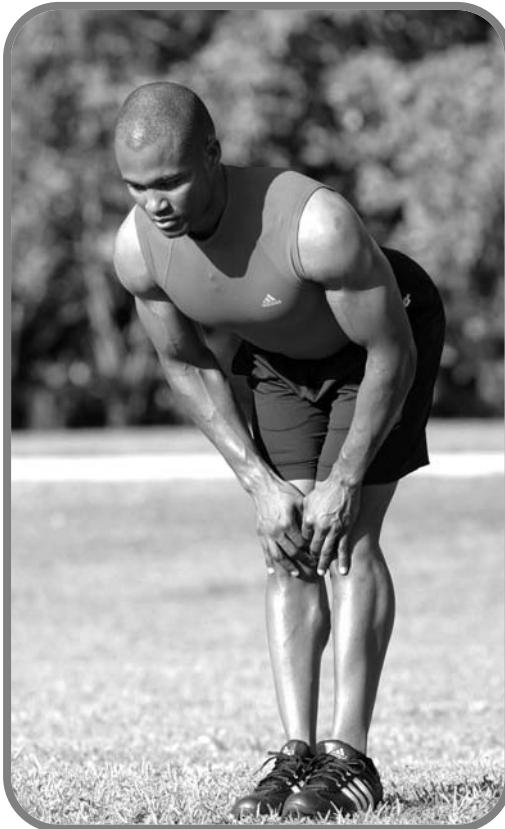
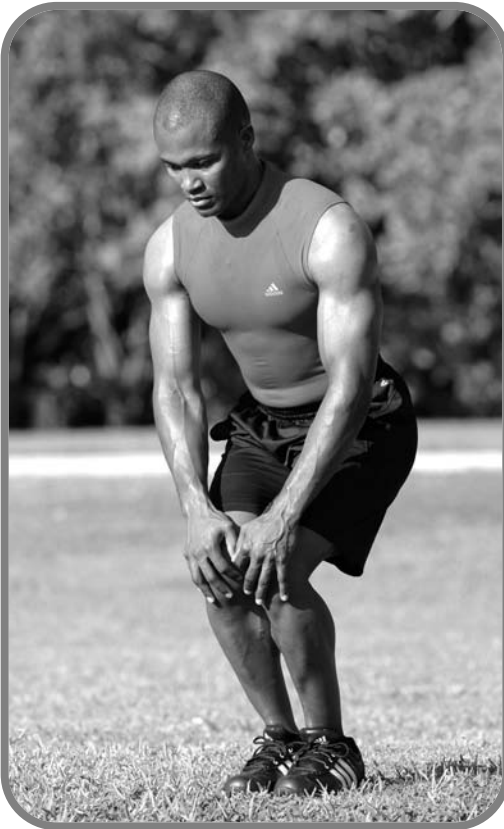
**HARDSTYLE GOLF CONDITIONING**



**Stand with your feet together. Place your hands on your knees.**



**Bend your knees and simultaneously move them in a circular fashion. Go down as far as you are able to keep a smooth and comfortable tempo.**



## 5. Neck Trunk Trainer

Target area: Neck, Shoulder, Upper and middle back

Benefits: Improves posture, increases spinal rotation and mobility,

This is an excellent pre golf exercise as it primes all of the rotational reflexes from head to toe. You can also do this one in the middle or end of your round to give you a recharge.

### Instructions

- Stand with your feet shoulder width apart with your right arm in front.
- **Sequence 1:** Rotate your arm backwards to the right keeping your eye on your hand. Note how far you can rotate comfortably.
- Return back to the starting position.
- **Sequence 2:** rotate your right arm back while keeping your head straight and hips square. Do this for 5 reps.
- Return back to the starting position
- **Sequence 3:** Now rotate your arm back to the right while turning your head to the left. As your head turns left, your eyes will turn right. Focus on keeping your eyes fixed on an object as your head turns. This tip is VERY IMPORTANT as it increases the coordination between your eyes and neck. Remember the gyroscope analogy given in the levator scapulae stretch. Do this 5 times.
- **Sequence 4:** Finally repeat your initial full backward rotation and note how much farther you can rotate.
- Repeat steps using the left arm.



**Note:** Please pay close attention to the head and eye positions of this drill. Another benefit of this drill is that it primes the occulo-cervical reflexes or the connection between your eye and neck muscles. This is important, as it will help you keep your eyes on the ball.

**Sequence 1**



**Stand with your feet shoulder width apart with your right arm in front.**

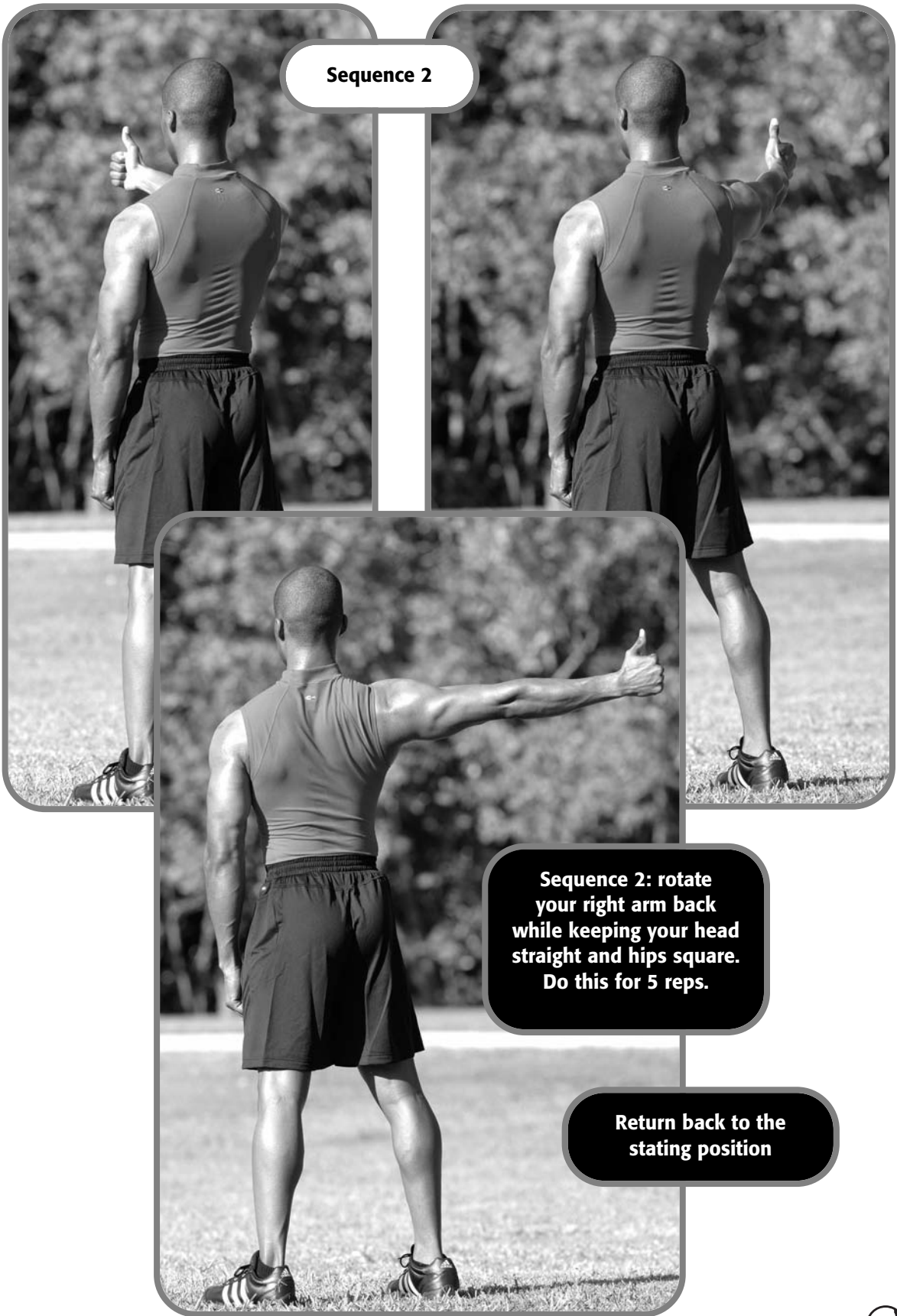
**Sequence 1: Rotate your arm backwards to the right keeping your eye on your hand. Note how far you can rotate comfortably.**





**PHASE II. MOBILIZATION DRILLS**

**Sequence 2**



**Sequence 2: rotate your right arm back while keeping your head straight and hips square. Do this for 5 reps.**

**Return back to the stating position**

**Sequence 3**

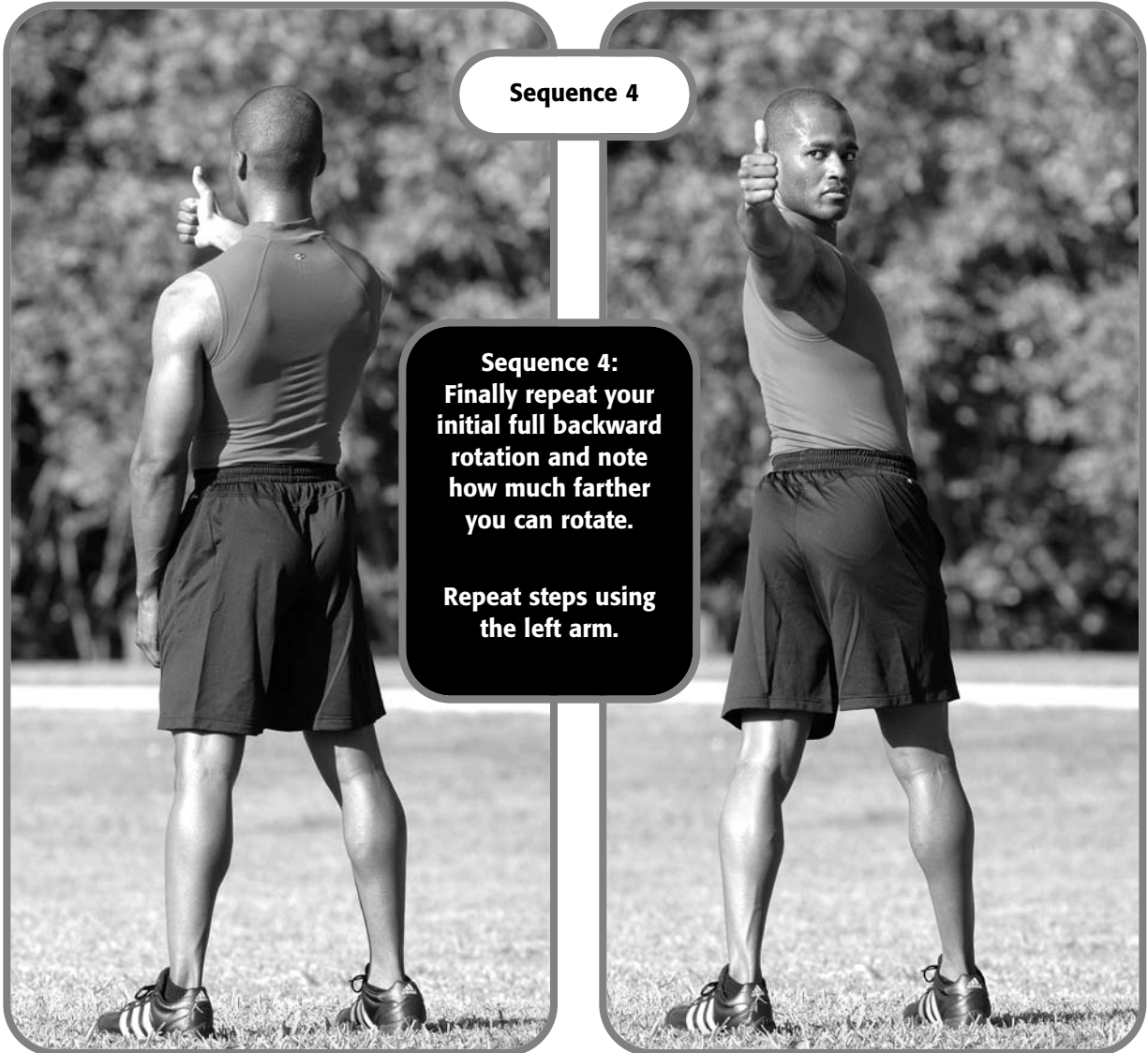


**Sequence 3: Now rotate your arm back to the right while turning your head to the left.**

**As your head turns left, your eyes will turn right. Focus on keeping your eyes fixed on an object as your head turns.**

**This tip is VERY IMPORTANT as it increases the coordination between your eyes and neck. Remember the gyroscope analogy given in the levator scapulae stretch. Do this 5 times.**

**PHASE II. MOBILIZATION DRILLS**



## ***Repetitions for Mobility Exercises***

Steve Maxwell, Senior RKC suggests that you perform as many repetitions on the mobility exercises as your age. For example if you are 40 years old, perform the same number of reps. I will recommend that you apply this technique on mobility drills 1-4 and stick to the prescribed reps for the neck trunk trainer.





# Kettlebell Safety 101

*The following safety guidelines were taken from the Russian Kettlebell Instructor safety guidelines as outlined in the RKC manual (courtesy of SSgt Nate Morrison, USAF Pararescue).*

- 1. Consult with your doctor before starting any strenuous exercise program.*
- 2. Practice safety measures at ALL times. Complacency will hurt you sooner or later. Also what you practice is what you will perform. Just like golf, kettlebells have a "pre-shot routine".*
- 3. Never contest for space with a kettlebell. You will lose. Move away from it and don't be where it wants to go. Guide a falling kettlebell but never fight it.*
- 4. Train where there are no concerns for property damage, outside injury (other people) or personal injury.*
- 5. Do not try to recover a questionable rep! when in doubt, drop the kettlebell! This goes back to contesting for space and trying to win.*
- 6. Protect your spine with a "virtual belt" of intra-abdominal pressure and gluteal (buttock) tension.*
- 7. Work within your current flexibility limits.*
- 8. Maintain total body tension without weak links on all "grind" lifts (.i.e. Military press, bent press, and windmill).*
- 9. Used relaxed tension during quick lifts (.i.e. kettlebell wrap around, swings, and cleans).*
- 10. Keep your arms loose in all dynamic drills. The arms are simply guiding the weight, not muscling it into position.*
- 11. Rest the handle of the kettlebell on the heel of your palm and never hyperextend your wrist. This will show up in the rack position initially. Fix it there and you won't have problems later.*
- 12. Build up the training load gradually using common sense and listen to your body. Your HSG program is designed with this idea in mind.*

*Instruction cannot cover all contingencies;  
There is no substitute for good judgement.*



# Power Exercise #1: Kettlebell Swing

Target Area; Hips, lower back, shoulders and everything else in between.

Benefits: The kettlebell swing is also the foundation for all other kettlebell exercises. All power exercises require a skill known as total muscle irradiation as defined by Pavel Tsatsouline in his book “Power To the People”. This means that there must be a synergy and overall contribution from all muscle groups of the body. Paul Chek also calls this Intermuscular coordination. Total body sequencing is mandatory to perform a safe and efficient kettlebell swing. This skill of total body sequencing learned from kettlebell swings will have a high degree carry over to your golf swing.

The kettlebell swing will reinforce the use of the hips at all positions of the golf swing but it will help the impact position specifically. In most all sports, power is generated from being able to “shoot from the hip” so to speak. The hips control everything from a boxer’s punch to the jump shot of a point guard and golf is no exception. The kettlebell swing is the best exercise that I know of that can replicate the powerful hip snap that is needed for the golf swing. One of the major causes of poor golf performance is not being able to place the hip in the chamber. This means that the muscles that control the hip are not firing properly. Kettlebell swings force your hips to behave properly making them work for you rather than against you.

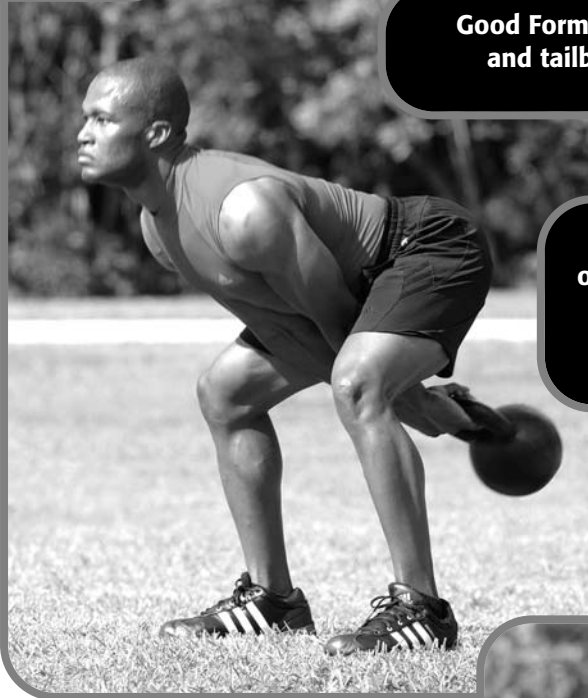
## Instructions

- Stand with feet shoulder width apart with kettlebell between the heels your feet.
- Squat down, reach through your legs and grab kettlebell with two hands.
- As you reach back, fold from the hips and keep your shins relatively vertical. Remember that we want to load the hamstrings and buttocks for maximum power. The hip fold is like that of the good morning stretch, only the knees are bent a little more. **Do not attempt the kettlebell swing until you have a good hip fold. Doing otherwise could mean disaster.** You have been warned.
- Start by rocking the kettlebell and on the back swing let it rip by standing up explosively snapping the hips at the top position.
- Absorb the descent of the kettlebell while maintaining a balanced stance. Focus on folding from the hips as the kettle bell falls back down and through your legs.
- As the kettlebell comes back through your legs press your upper arms against your sides. This will help you absorb the force better. Beginners sometimes become detached from the kettlebell and allow the weight to jerk them down. This is bad because it can jolt your neck like a bobblehead doll and throw you off balance if you are not ready for it. Please take this **VERY IMPORTANT** tip seriously if you don’t want to fly out of your shoes like you’ve been flipped by a judo master (just kidding). To maintain your balance, make sure that you are on your heels when the kettlebell comes back through your legs.
- When you have a balanced and powerful 2 arm swing, progress to the one arm swing. The **one arm swing** produces greater rotational forces in the trunk which increases the demand on the entire body.



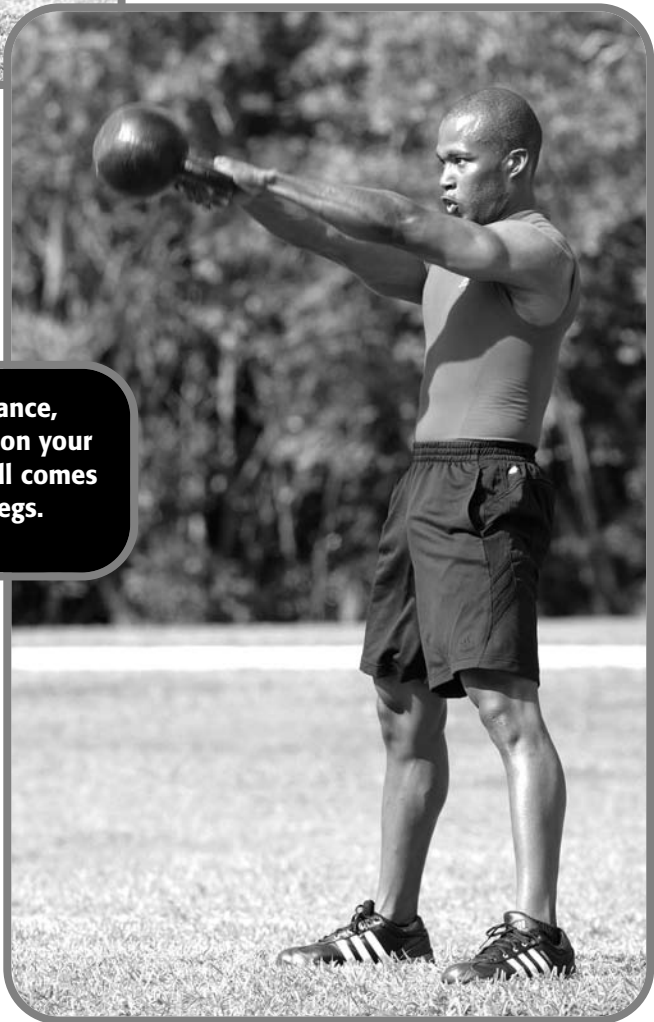
**PHASE II. MOBILIZATION DRILLS**

**GOOD FORM!**



**Good Form. Back is flat  
and tailbone is up**

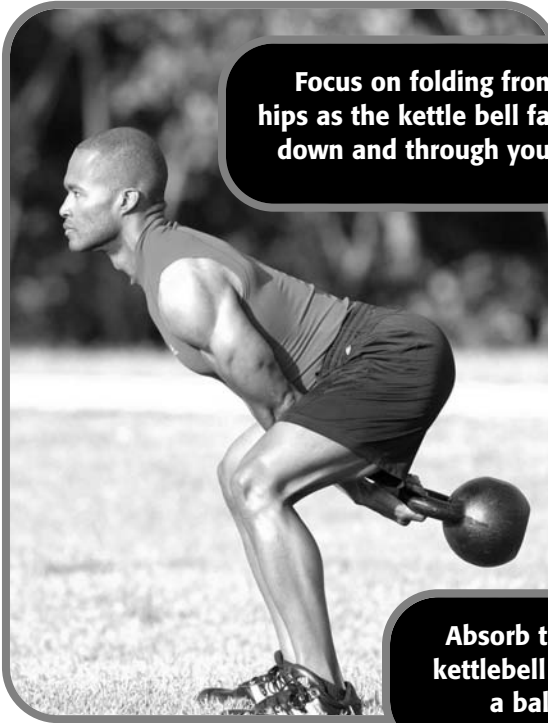
**Start by rocking the kettlebell  
and on the back swing let it rip by standing  
up explosively snapping the hips  
at the top position.**



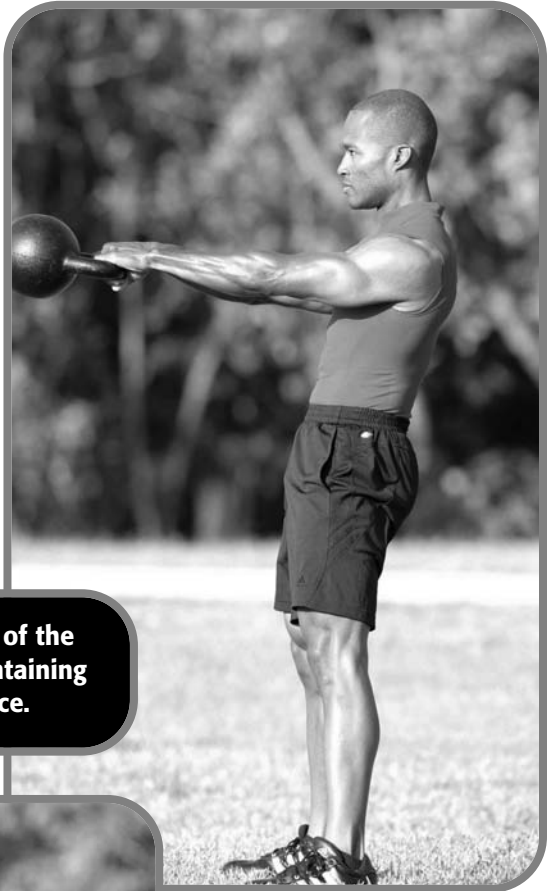
**To maintain your balance,  
make sure that you are on your  
heels when the kettlebell comes  
back through your legs.**



**HARDSTYLE GOLF CONDITIONING**



**Focus on folding from the hips as the kettle bell falls back down and through your legs.**



**Absorb the descent of the kettlebell while maintaining a balanced stance.**



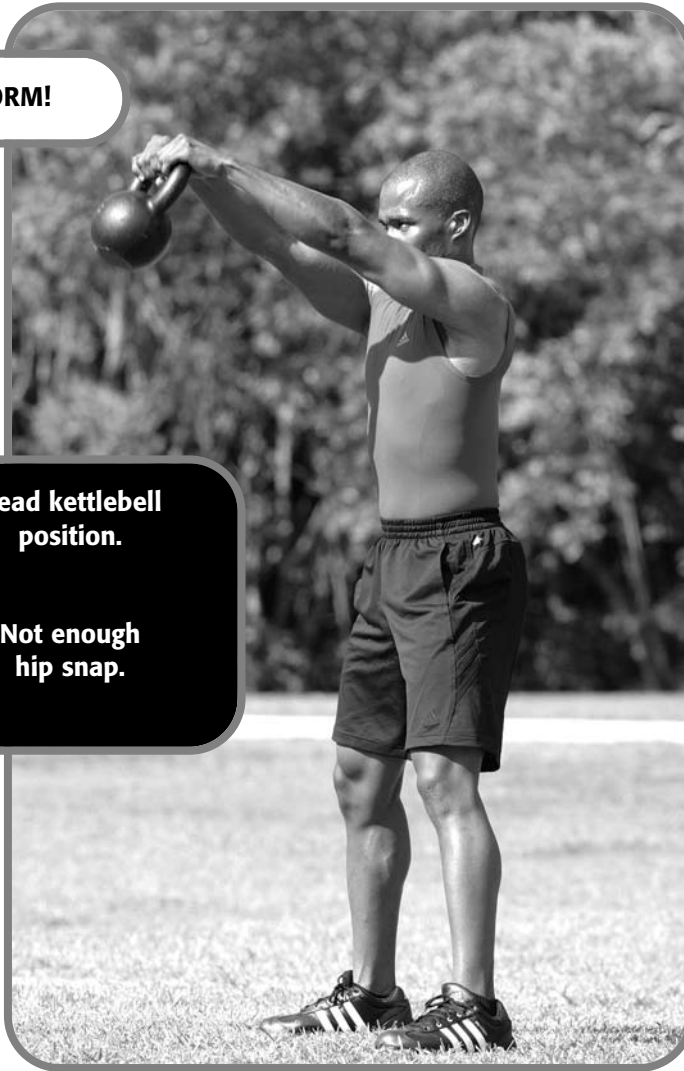


**PHASE II. MOBILIZATION DRILLS**

**INCORRECT FORM!**

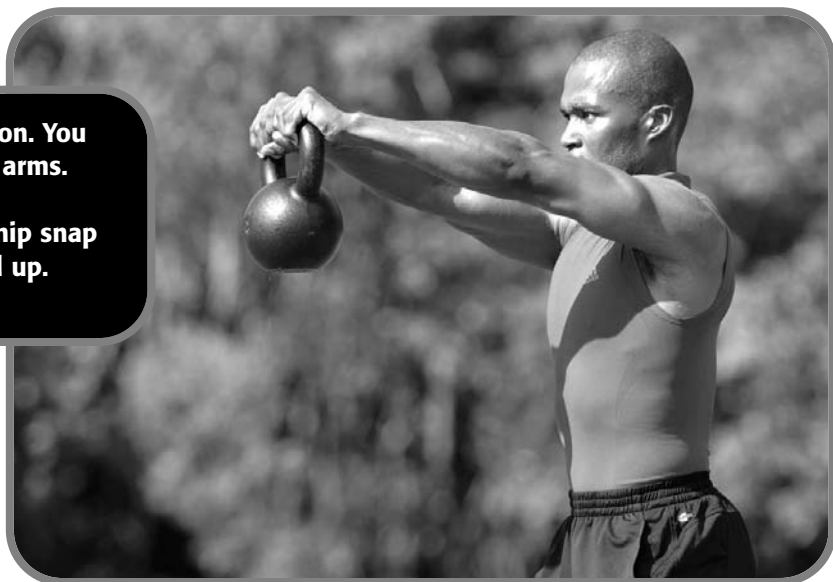
**Dead kettlebell  
position.**

**Not enough  
hip snap.**



**Dead Kettlebell position. You  
are lifting with your arms.**

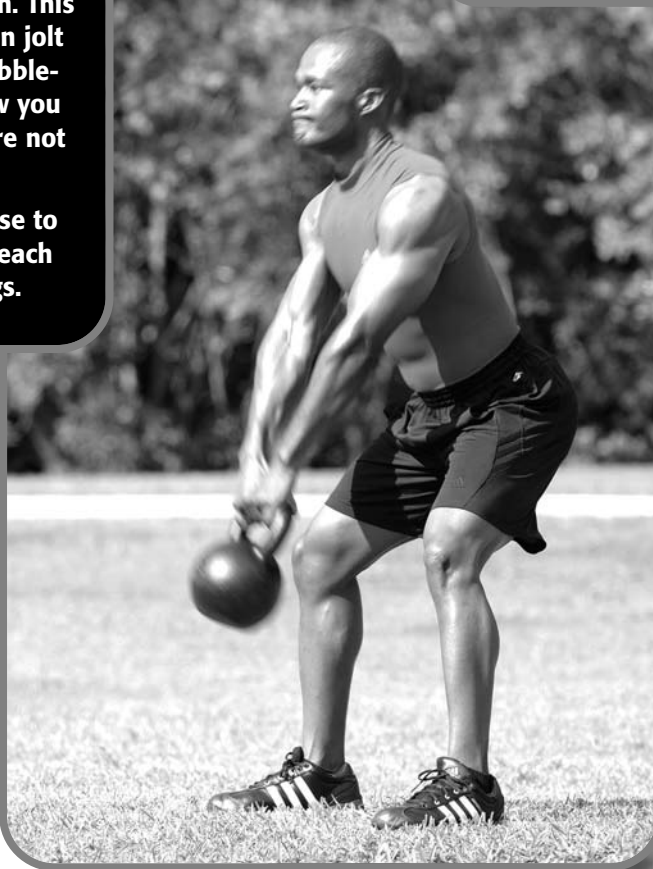
**A BIG NO NO! Let the hip snap  
drive the kettlebell up.**



Beginners often get detached from the kettlebell on the way down. This is bad because it can jolt your neck like a bobble-head doll and throw you off balance if you are not ready for it.

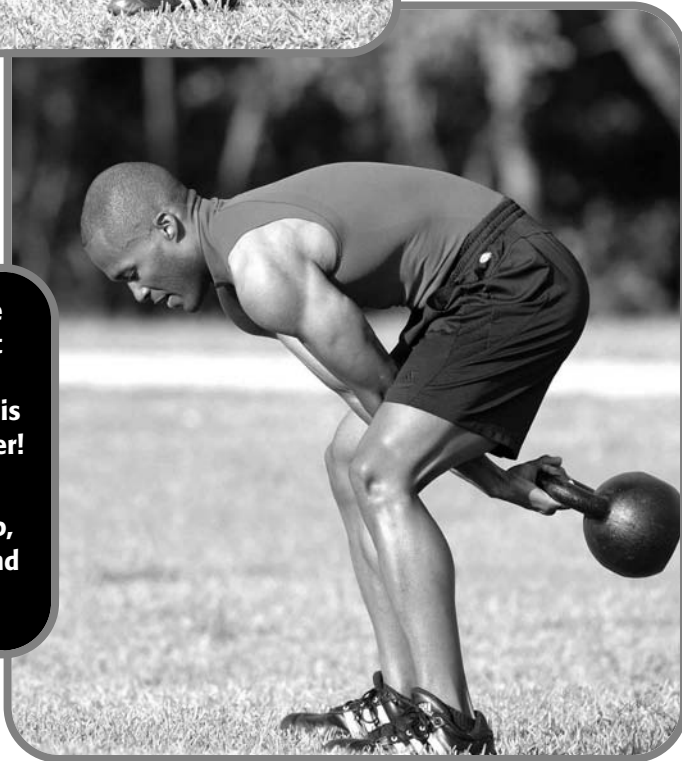
Keep your arms close to your body as you reach through your legs.

**INCORRECT FORM!**



You will look like this if you do not have a good hip fold. This position is an absolute disaster!

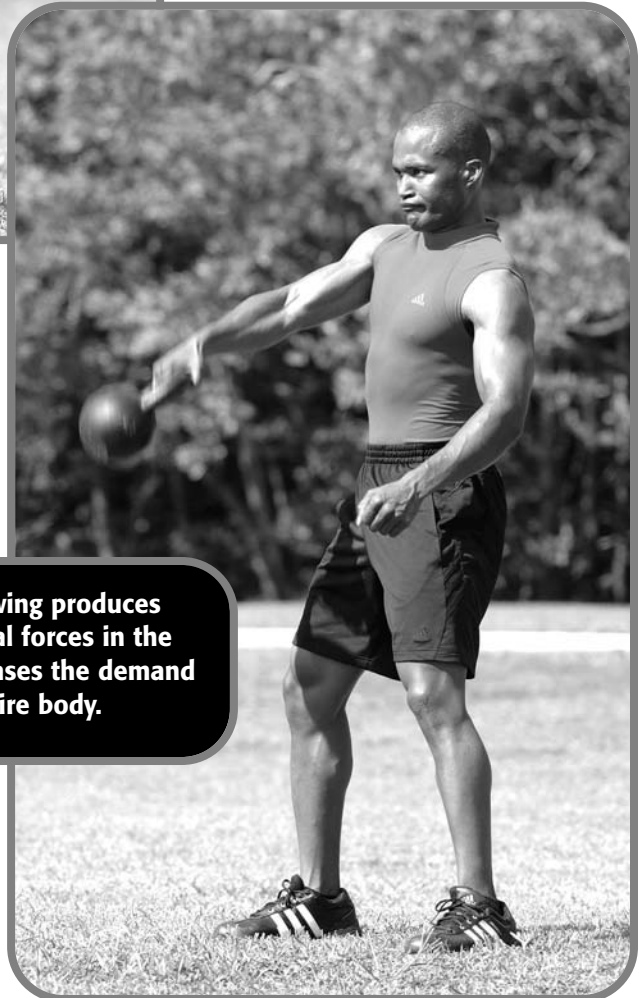
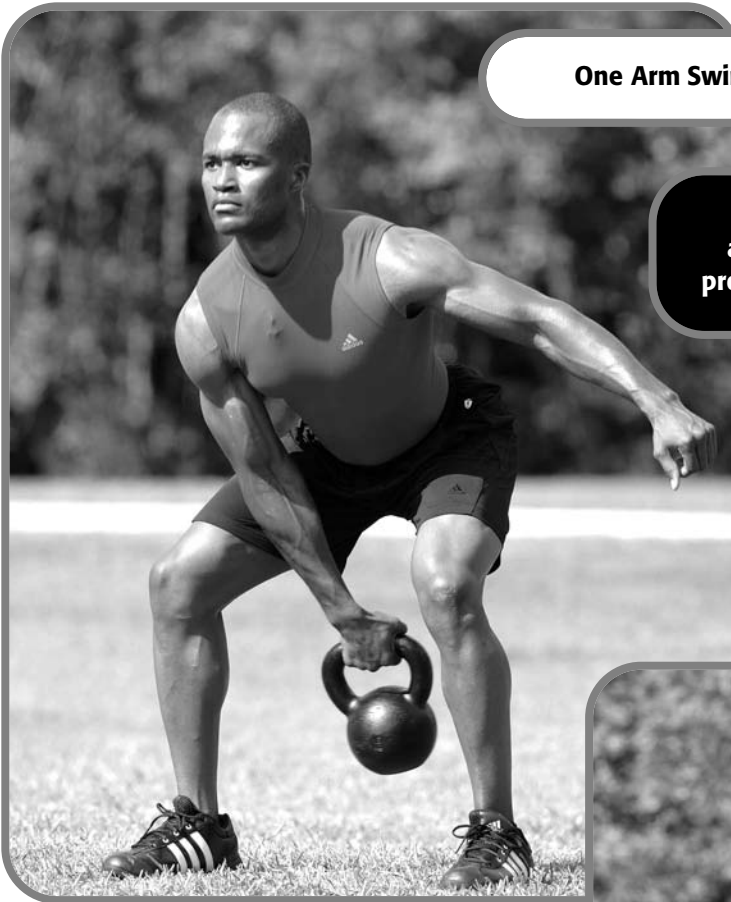
Keep that head up, lower back flat and tailbone lifted!



**PHASE II. MOBILIZATION DRILLS**

**One Arm Swing.**

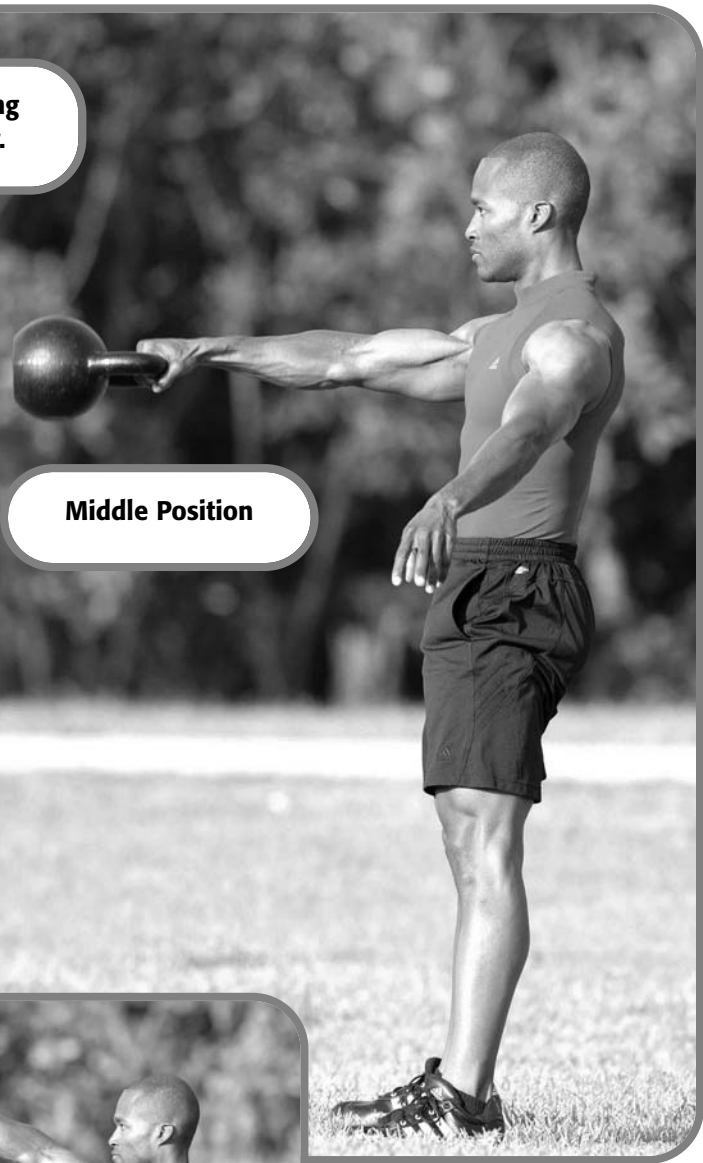
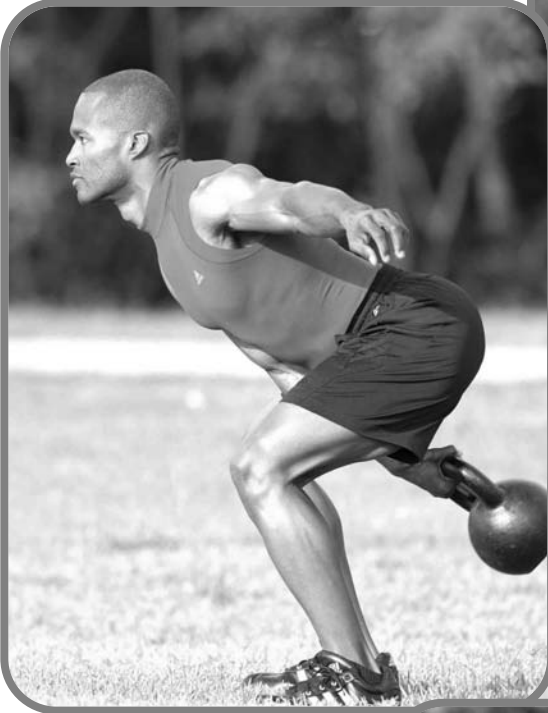
**When you have a balanced and powerful 2 arm swing, progress to the one arm swing.**



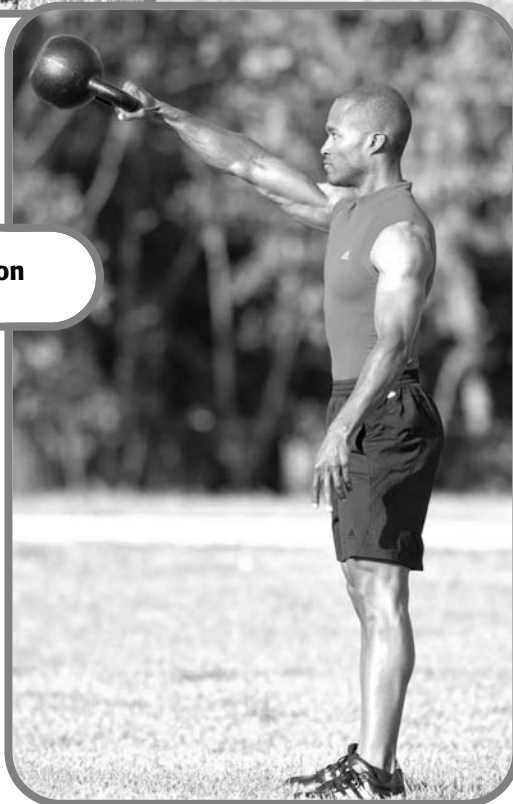
**The one arm swing produces greater rotational forces in the trunk which increases the demand on the entire body.**

**HARDSTYLE GOLF CONDITIONING**

**One Arm Swing  
in side view.**



**Middle Position**



**High Position**





# Hard Style Golf Conditioning: Flexibility Phase Program

The following is a 4-week flexibility training cycle. Notice the gradual change in training volume (i.e. number of sets and repetitions per exercise.) from week to week.



### **Week 1**

1. Stretches- 2 reps each: Kettlebell Swings—2 sets of 20 reps
2. Mobility- 2 sets of 20-50 reps: Kettlebell Swings- 2 sets of 10 reps
3. Stretches- 2 sets each: Kettlebell Swings- 2 sets of 20 reps
4. Mobility- 2 sets of 20-50 reps : Kettlebell Swings- 2 sets of 10 reps
5. Stretches-2 sets each: Kettlebell Swings- 2 sets of 20 reps
6. Mobility- 2 sets of 20-50 reps: Kettlebell Swings- 2 sets of 10 reps
7. Rest

### **Week 2**

1. Stretches- 3 reps each: Kettlebell Swings—3 sets of 20 reps
2. Mobility- 3 sets of 20-50 reps: Kettlebell Swings- 3 sets of 10 reps
3. Stretches- 3 sets each: Kettlebell Swings- 3 sets of 20 reps
4. Mobility- 3 sets of 20-50 reps : Kettlebell Swings- 3 sets of 10 reps
5. Stretches-3 sets each: Kettlebell Swings- 3 sets of 20 reps
6. Mobility- 3 sets of 20-50 reps: Kettlebell Swings- 3 sets of 10 reps
7. Rest

### **Week 3**

1. Stretches- 4 reps each: Kettlebell Swings—4 sets of 20 reps
2. Mobility- 4 sets of 20-50 reps: Kettlebell Swings- 4 sets of 10 reps
3. Stretches- 4 sets each: Kettlebell Swings- 4 sets of 20 reps
4. Mobility- 4 sets of 20-50 reps: Kettlebell Swings- 4 sets of 10 reps
5. Stretches-4 sets each: Kettlebell Swings- 4 sets of 20 reps
6. Mobility- 4 sets of 20-50 reps: Kettlebell Swings- 4 sets of 10 reps
7. Rest

### **Week 4**

(recovery week) Notice the drop in training volume as compared to week 3. This is called an unloading or recovery period. It is good to do this every 3 to 6 weeks to stay fresh and reduce the likelihood of fatigue related injury.

1. Stretches- 2 reps each: Kettlebell Swings—2 sets of 20 reps
2. Mobility- 2 sets of 20-50 reps: Kettlebell Swings- 2 sets of 10 reps
3. Stretches- 2 sets each: Kettlebell Swings- 2 sets of 20 reps
4. Mobility- 2 sets of 20-50 reps : Kettlebell Swings- 2 sets of 10 reps
5. Stretches-2 sets each: Kettlebell Swings- 2 sets of 20 reps
6. Mobility- 2 sets of 20-50 reps: Kettlebell Swings- 2 sets of 10 reps
7. Rest



# **HARDSTYLE™** **GOLF**

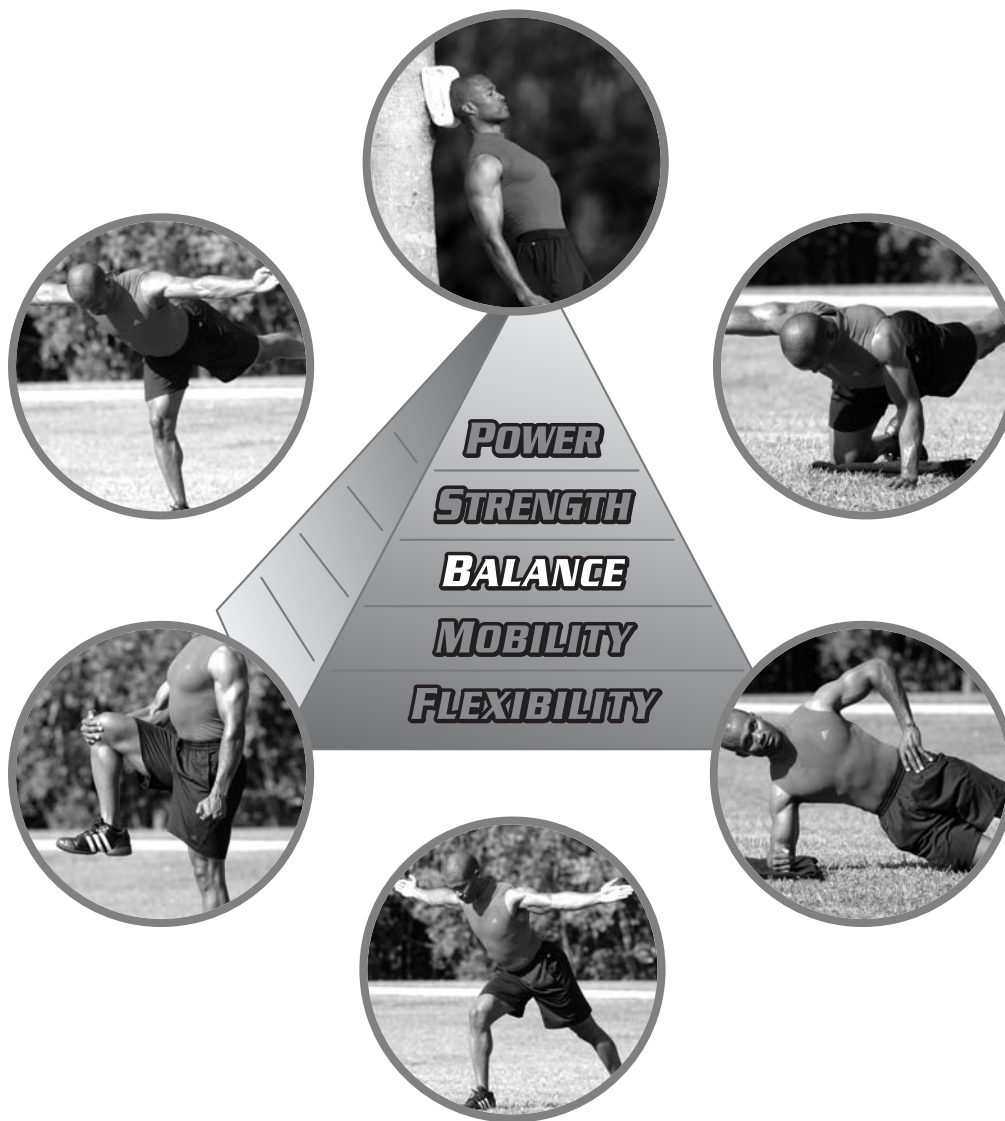
## ***Phase III.*** ***Balance Drills***



# ***Why Train for Balance?***

Elite strength coach Charles Poliquin said it best, "You can't fire a cannon from a canoe". Stabilization must precede strength and power. All the joints in the body have what is called an inner unit. The "inner-unit" are the small muscles that stabilize and provide the anchor for the larger muscles that produce body movement. The stronger the anchor, the greater the potential to generate strength and power.

The more balance you have, the easier it will be to express your natural power during the golf swing. Let us now learn how to build up our anchors.





# **1. Standing Wall Lean**

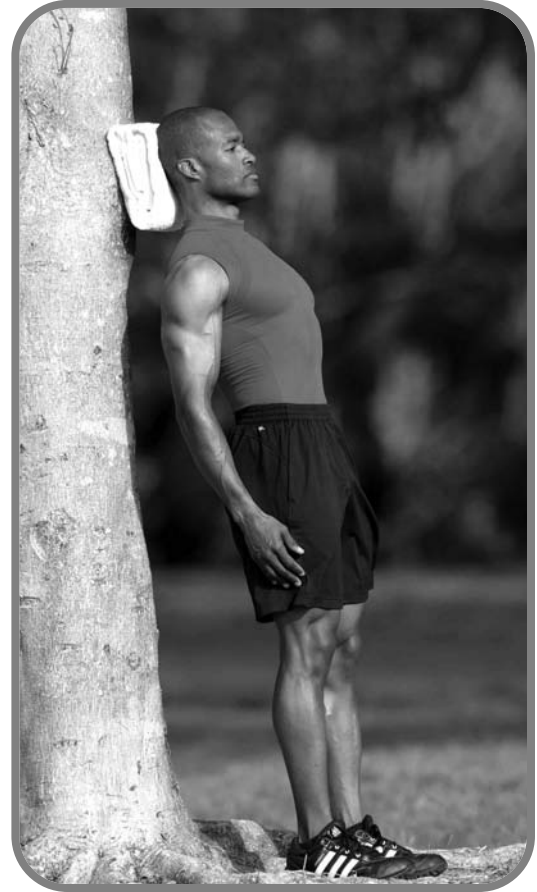
Target Area: Neck and upper back

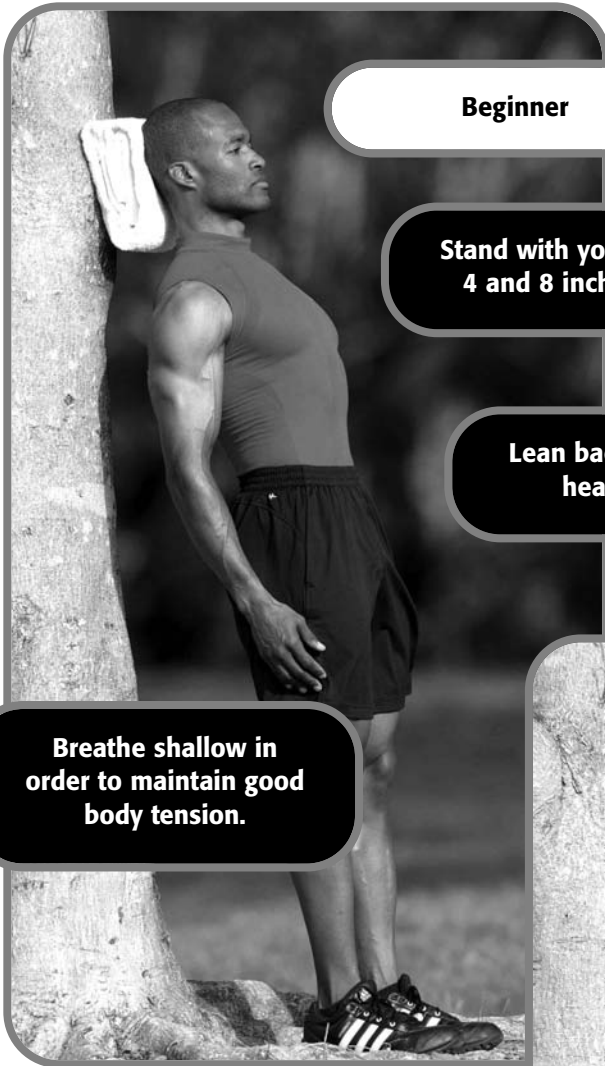
Benefits: improves posture and strength endurance in the neck. Posture awareness

This drill is one of my favorites for correcting forward head posture. Forward head posture is caused by situations like sitting at a desk with poor posture or driving in a car all day with poor posture. As the shoulders hunch forward the head moves forward. Typically forward head posture is a sign of stress of some kind. In golf, forward head posture can wreak havoc on the golf swing in many ways such as making it difficult for you to maintain a good ball-striking angle. The wall lean will have your head back on straight in no time.

## **Instructions**

- Stand with your heels between 4 and 8 inches from a wall.
- Lean back against the wall with only your head in contact with the surface.
- Focus on keeping your body in a straight line. Lift your breast bone like a soldier standing at attention. Keep your arms at your sides and your chin up. The chin should not be too high. The goal is to keep the head in a neutral position (i.e. just like you are standing upright).
- Breathe shallow in order to maintain good body tension.
- If you cannot hold this position for at least 30 seconds simply bring your feet closer to the wall to reduce the difficulty of the drill.





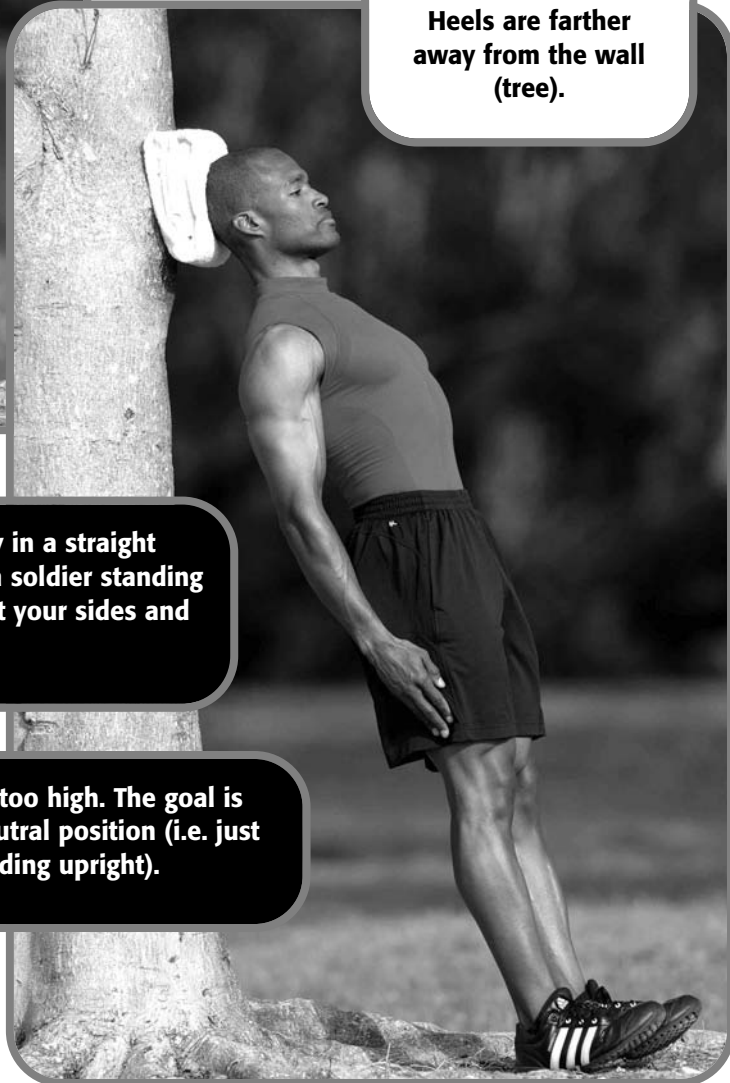
**Beginner**

**Stand with your heels between 4 and 8 inches from a wall.**

**Lean back against the wall with only your head in contact with the surface.**

**Breathe shallow in order to maintain good body tension.**

**Advanced:  
Heels are farther away from the wall (tree).**



**Focus on keeping your body in a straight line. Lift your breast bone like a soldier standing at attention. Keep your arms at your sides and your chin up.**

**The chin should not be too high. The goal is to keep the head in a neutral position (i.e. just like you are standing upright).**

## **2a. Horse Stance Vertical**

Target Area: Core, shoulder girdle and hips

Benefits: Static stability, strength endurance

At first glance the horse stance exercises look like a modified version of those fire hydrant exercises you see in aerobics classes back in the 80's but do not be fooled. If done properly horse stance exercises will give you a first hand lesson on full body tension, balance, body awareness and strength endurance. Paul Chek in his course *Scientific Back Training* provides the fine points for turning the horse stance into a super exercise.



### **Instructions**

- Kneel on all 4's with your hands under your shoulders and knees under hips.
- Bend your elbows until your torso is parallel to the floor.
- Turn your elbows inward until they are pointing at your thighs. **VERY IMPORTANT!** This position will force you to use your shoulder stabilizers.
- Lift your right hand and left knee off of the floor about 1/2 of an inch.
- Hold this up position for a few seconds, lower your limbs down slowly, and then lift the other side.
- Maintain spinal alignment and keep the armpit tight. Maintain shoulder and hip position at all times.
- For additional cuing place a dowel rod or broom stick on your back. If the stick rolls off of your back, you will know that you have lost your alignment.

**Kneel on all 4's with your hands under your shoulders and knees under hips.**



**Bend your elbows until your torso is parallel to the floor.**

**Turn your elbows inward until they are pointing at your thighs. VERY IMPORTANT! This position will force you to use your shoulder stabilizers.**

**Lift your right hand and left knee off of the floor about 1/2 of an inch.**



**Hold this up position for a few seconds, lower your limbs down slowly, and then lift the other side.**

**Maintain spinal alignment and keep the armpit tight. Maintain shoulder and hip position at all times.**



## **2b. Horse Stance Horizontal**

### **Instructions**

- Kneel on all 4's with your hands under your shoulders and knees under hips.
- Bend your elbows until your torso is parallel to the floor.
- Turn your elbows inward until they are pointing at your thighs. Make a point to contract your armpit.
- Extend for right arm out at a 45 degree angle and your left leg straight back
- Contract the buttock of the extended leg.
- Do not over arch the lower back.
- Hold this position while maintaining spinal alignment and steady elbow position.
- For additional cuing you can place a dowel rod or broom stick on your back as you do the exercise.



**Do not over arch the lower back.**

**Extend right arm out at a 45 degree angle and your left leg straight back.**

**Contract the buttock of the extended leg.**



**Horse stance horizontal  
3/4 View**



**Hold this position while maintaining spinal alignment and steady elbow position.**

**For additional cuing you can place a dowel rod or broom stick on your back as you do the exercise.**



## **2c. Horse Stance Dynamic**

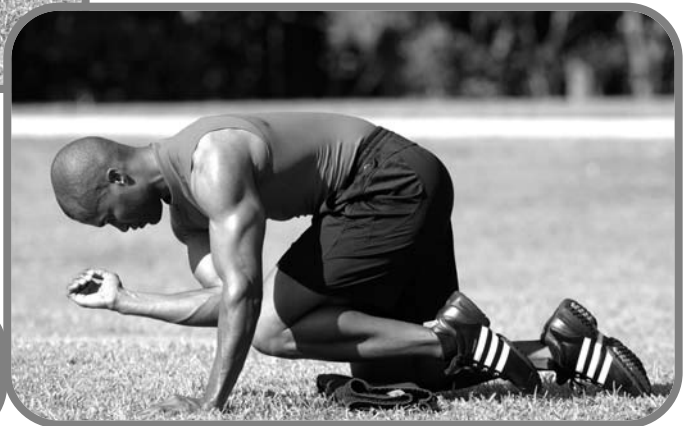
The horse stance dynamic is like the horse stance horizontal but with more movement. It will teach your inner and outer units to work together. The horse stance dynamic will also train the cross patterns in the front and back of the body. Cross patterns are used in the golf swing to transfer power from one side of your body to the other. The horse-stance dynamic will make your cross patterns more efficient, so consider this exercise a tune up for nervous system.

### **Instructions**

- Kneel on all 4's with your hands under your shoulders and knees under hips.
- Bend your elbows until your torso is parallel to the floor.
- Turn your elbows inward keeping the armpit tight until they are pointing at your thighs.
- Inhale and extend for right arm at a 45 degree angle and your left leg straight back
- Hold this position while maintaining spinal alignment and steady elbow position.
- After holding up position, exhale and bring your elbow and knee across your body. Focus on keeping a smooth motion and timing the movement with your breath.



**Extend right arm at a 45 degree angle and your left leg straight back**



**Turn your elbows inward keeping the armpit tight until they are pointing at your thighs.**

**HARDSTYLE GOLF CONDITIONING**



**After holding up position, bring your elbow and knee across your body.**



**Hold and then extend back out.**



**On the out position, focus on tightening your abdominals and your buttocks even as you allow your back to arch.**





## **3a. Side Plank Basic**

Target area: shoulder stabilizers, frontal plane trunk stabilizers, frontal plane hip stabilizers

Benefits: balance, strength-endurance in the frontal plane.

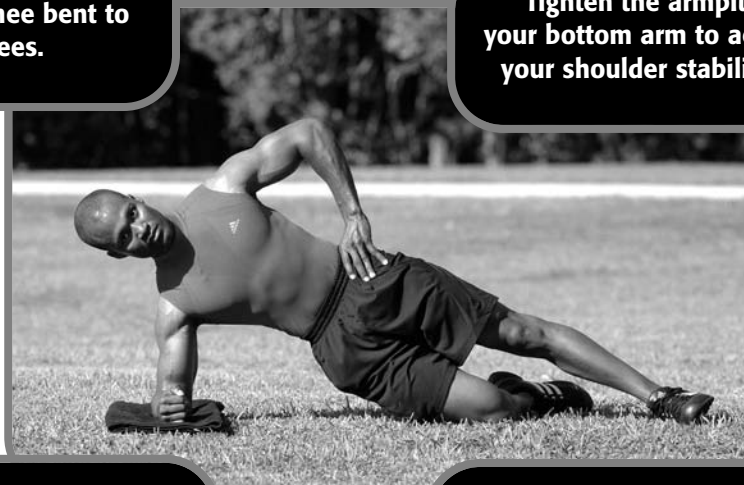
Like any other sport, golf is a three-dimensional activity with means that we must have adequate strength in all three planes: sagittal (front to back), frontal (side to side), and transverse (circular or rotational). Side planks are great for developing strength in the frontal plane. This will help you “stay in the doorway” or reduce excessive side to side sway during your golf swing.

### **Instructions**

- Lie on your side with your bottom knee bent to 90 degrees.
- Place your forearm under your side with your elbow under your shoulder.
- Lift your hip off the floor keeping your head and body in a straight line.
- Tighten the armpit of your bottom arm to activate your shoulder stabilizers.
- The thigh of the top leg should be tight as well.

**Lie on your side with your bottom knee bent to 90 degrees.**

**Tighten the armpit of your bottom arm to activate your shoulder stabilizers.**



**Lift your hip off the floor keeping your head and body in a straight line.**

**The thigh of the top leg should be tight as well.**

## ***3b. Side Plank Intermediate***

Extend both legs out straight. Keep the buttocks and thighs tight. Envision squeezing an imaginary ball between your knees.



## ***3c. Side Plank Advanced***

Same as side plank intermediate with the bottom arm extended straight out under the body balancing on the hand instead of the forearm.



## **4. Thigh Lunge**

Target area: extensors of the back, hips and leg, shoulder stabilizers.

Benefits: balance, strength endurance

The thigh lunge will strengthen the postural muscles of the spine and shoulders as well as the lower body in a functional position. It will also give you better awareness of posture and body alignment.

### **Instructions**

- Stand with your feet in the staggered position with both feet pointing forward
- Bend forward by folding from the front hip and keeping the back leg straight.
- Start with the hands down at your hips with palms facing forward.
- **Intermediate** position is with the arms out to the sides (3 and 9 o'clock respectively). Palms are still facing forward.
- **Advanced** is with arms held over head at a 45 degree angle. Palms are facing each other.
- Keep the shoulders pressed down away from the ears and armpits tight in all positions.
- Keep the spine straight and head aligned.



**a. Beginner**



**Stand with your feet in the staggered position with both feet pointing forward.**

**Bend forward by folding from the front hip and keeping the back leg straight.**



**Start with the hands down at your hips with palms facing forward.**

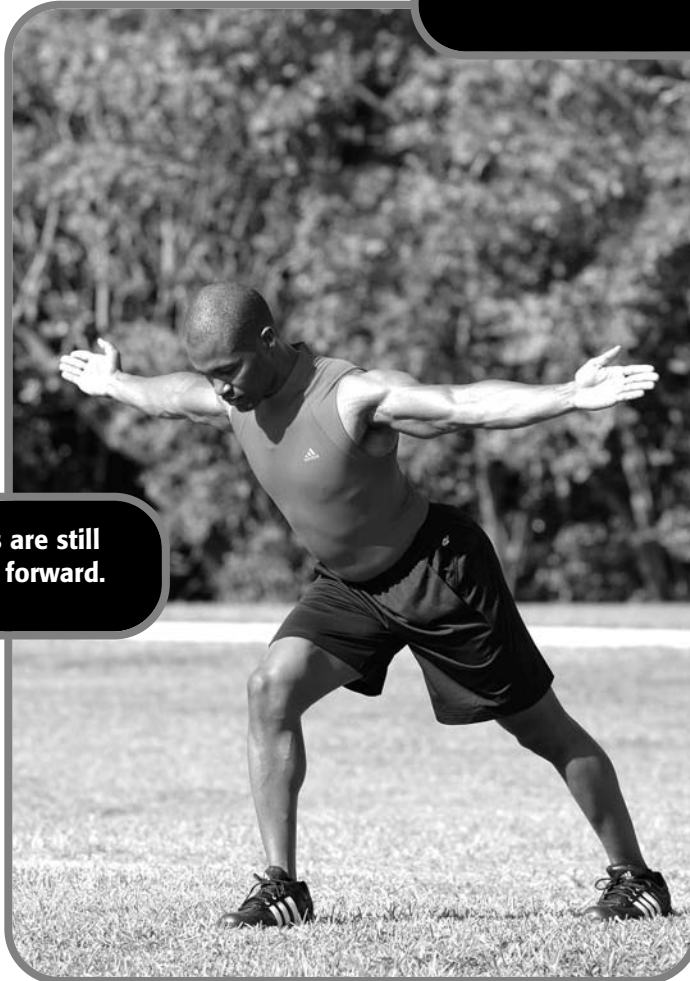


**PHASE III: BALANCE DRILLS**

**b. Intermediate**



**Intermediate position is with the arms out to the sides (3 and 9 o'clock respectively).**

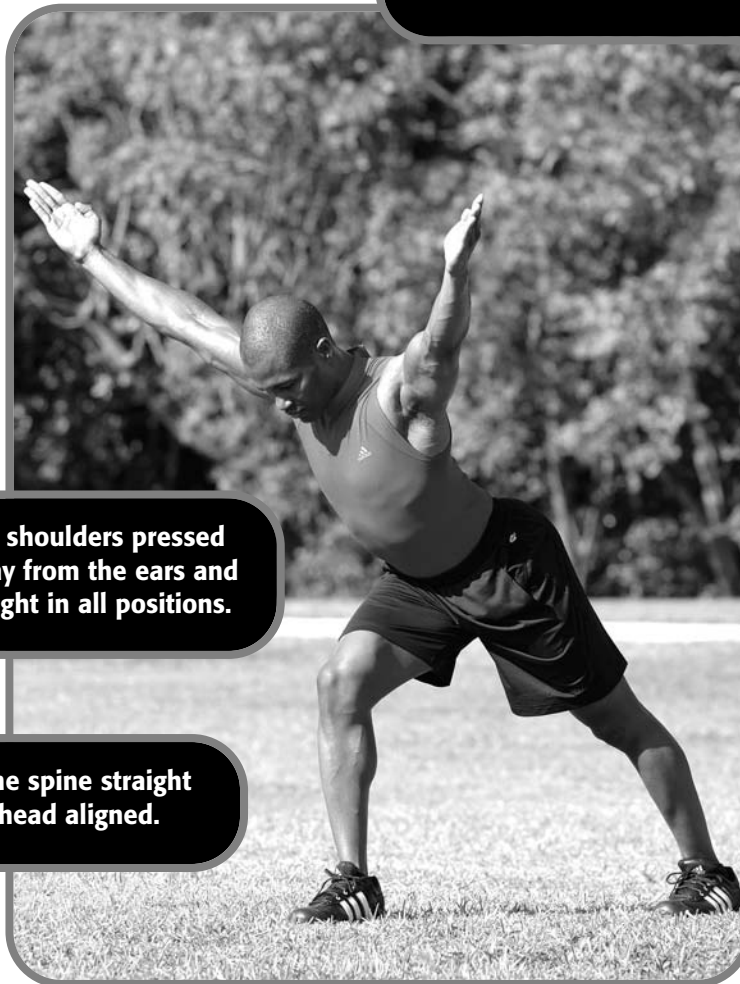


**Palms are still facing forward.**

**c. Advanced**



**Advanced is with arms held over head. Palms are facing each other.**



**Keep the shoulders pressed down away from the ears and armpits tight in all positions.**

**Keep the spine straight and head aligned.**

## **5. One-Legged Stance**

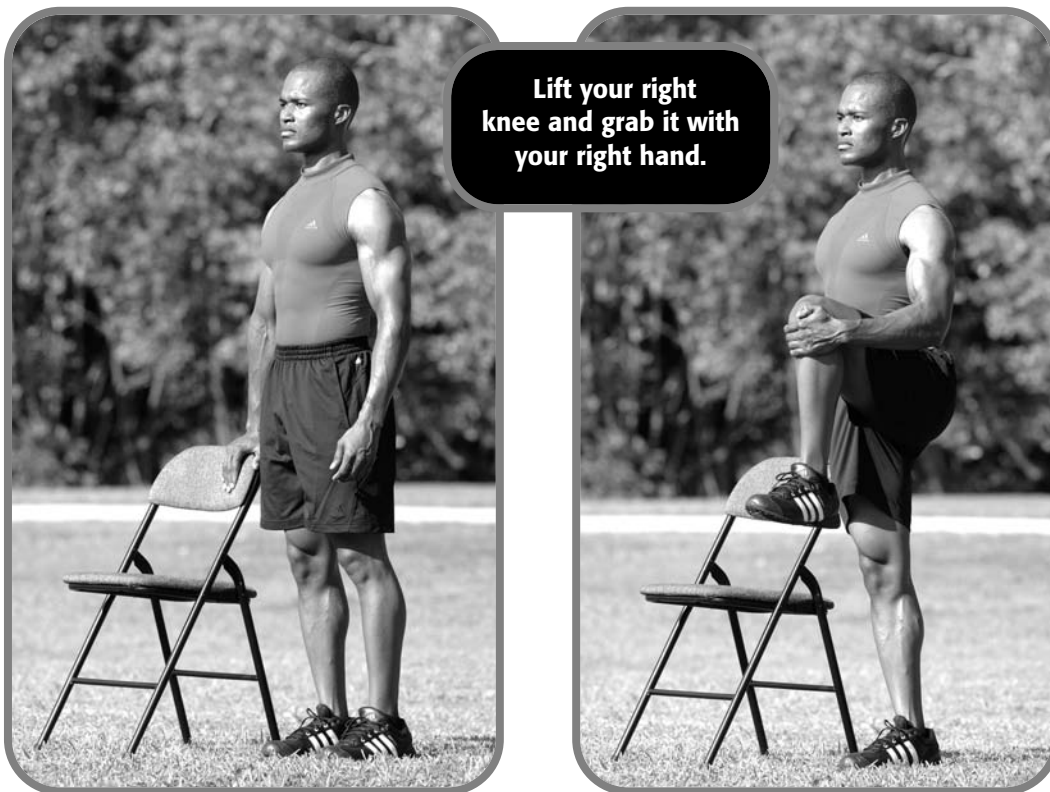
This drill speaks for itself. Anytime your base of support is reduced, your stabilizer system works harder. A strong and balanced on one leg equals Stronger and more balanced on two legs.

Target area: hip, knee, and ankle stabilizers

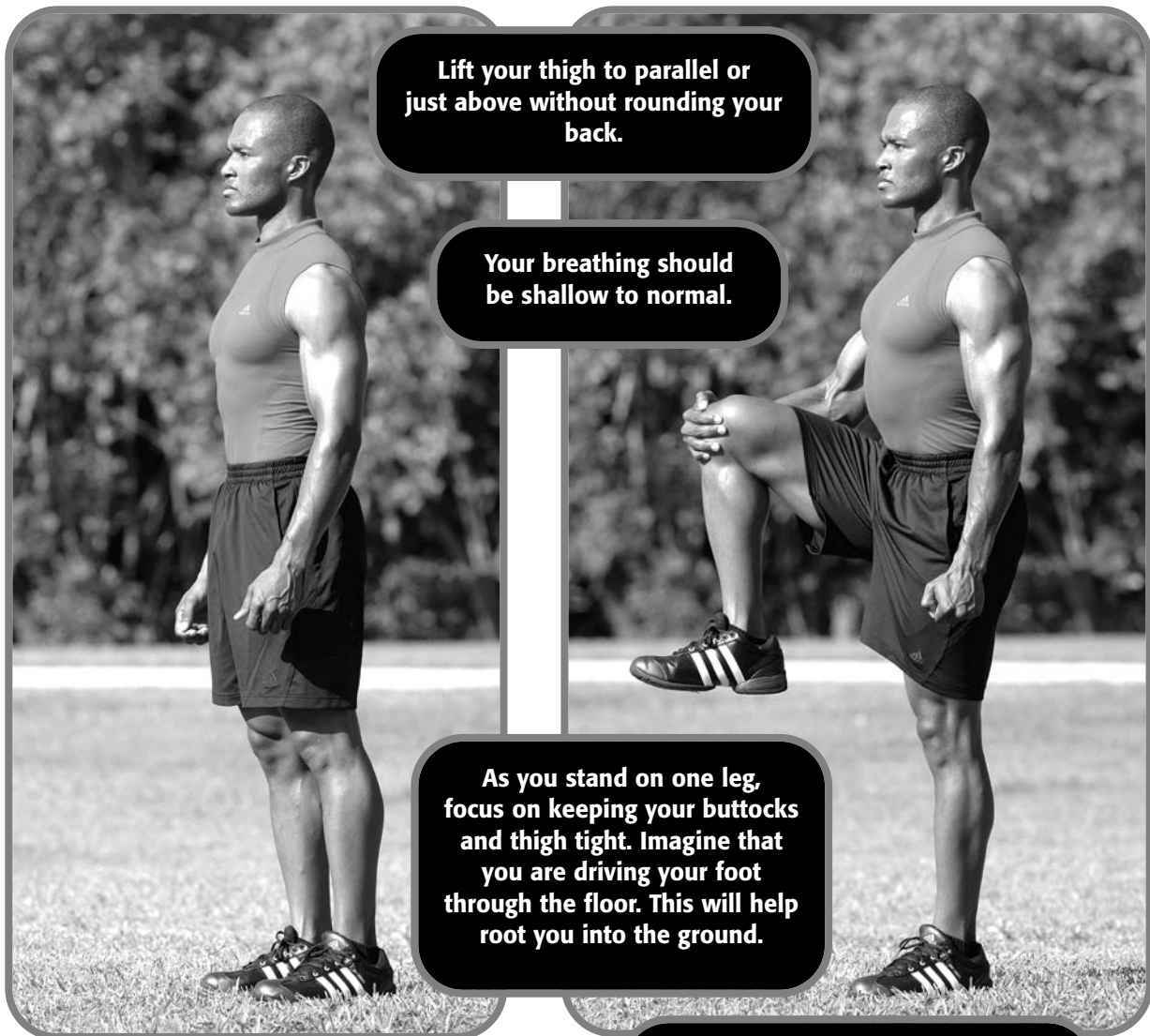
Benefits: balance, body awareness, strength, postural endurance in the frontal (side to side) plane.

### **Instructions**

- Stand with your feet about hip width apart.
- Lift your left knee and grab it with your left hand.
- Lift your thigh to parallel to the floor or slightly above without rounding your back.
- If you cannot balance on your own, use the assistance of a wall, chair, or a stick.
- As you stand on one leg, focus on keeping your buttocks and thigh tight. Imagine that you are driving your foot through the floor. This will help root you into the ground.
- Your breathing should be shallow to normal.
- To advance this pose further, go into the single leg rocket man.



**HARDSTYLE GOLF CONDITIONING**



**Lift your thigh to parallel or just above without rounding your back.**

**Your breathing should be shallow to normal.**

**As you stand on one leg, focus on keeping your buttocks and thigh tight. Imagine that you are driving your foot through the floor. This will help root you into the ground.**

**To advance this pose further, go into the single leg rocket man.**

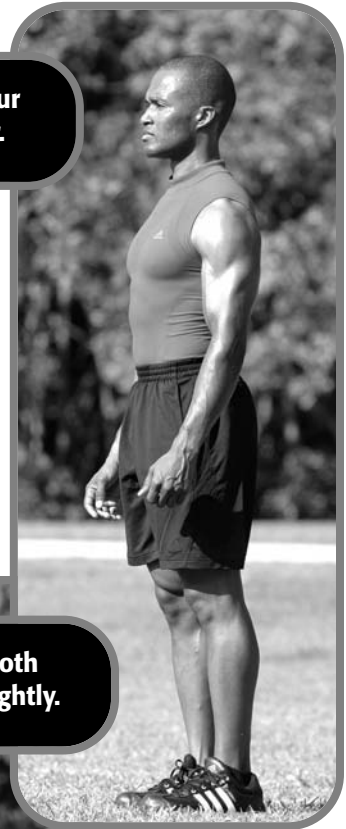


## 6. Rocket Man

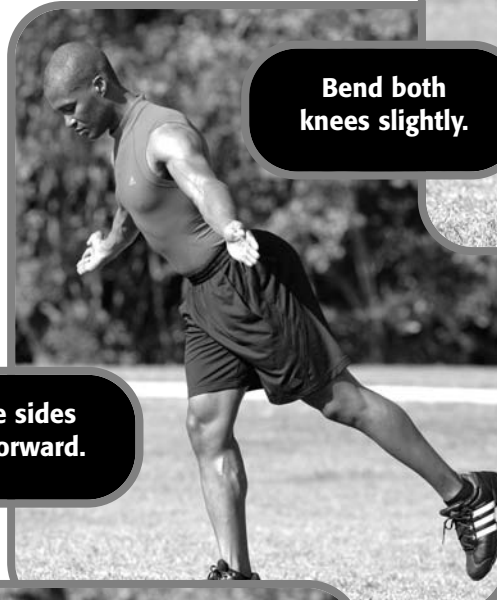
### Instructions

- Stand with your feet together
- Bend both knees slightly
- Lift your arms out to the sides with your palms facing forward.
- Start bending forward by folding at the hips. While bending forward extend one leg back. Move your upper body and the extended leg together. As you continue to move forward the knee is not moving. Only bend from the hip. Once your torso and leg are parallel to the floor, hold this position. Focus on rooting your foot into the ground. Imagine making your back leg longer. Also tighten your arm pits and imagine that your arms getting longer.

Stand with your feet together.



Bend both knees slightly.

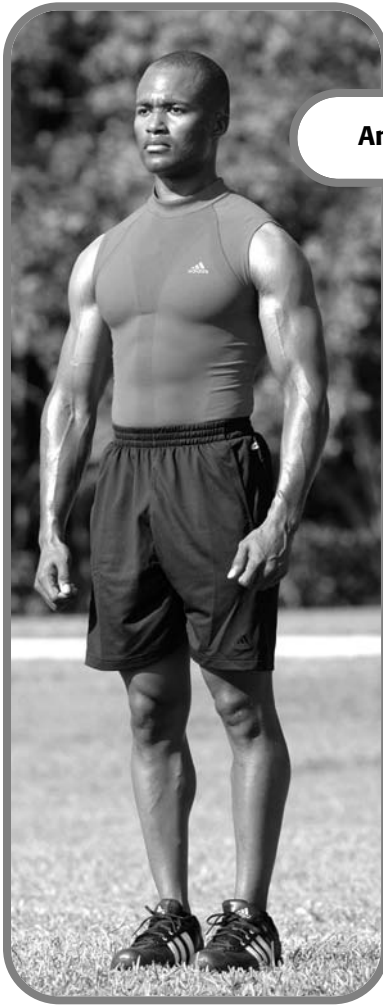


Lift your arms out to the sides with your palms facing forward.

Start bending forward by folding at the hips.

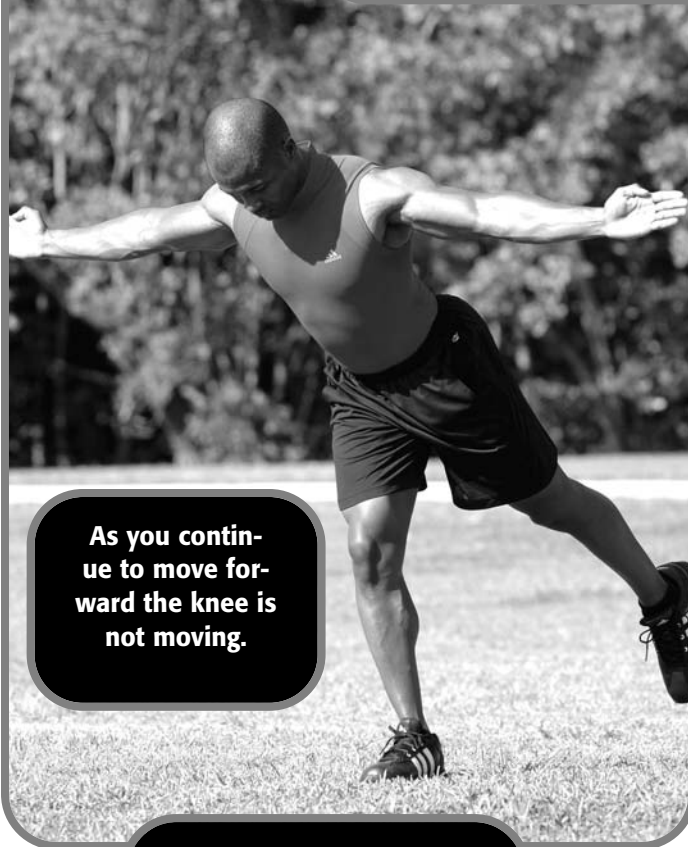


Move your upper body and the extended leg together.



**Angled View**

**Move your upper body and the extended leg together.**



**As you continue to move forward the knee is not moving.**

**Focus on rooting your foot into the ground.**



**Imagine making your back leg longer. Also tighten your arm pits and imagine that your arms getting longer.**

## ***Power Exercise #2: The Kettlebell Wrap Around***

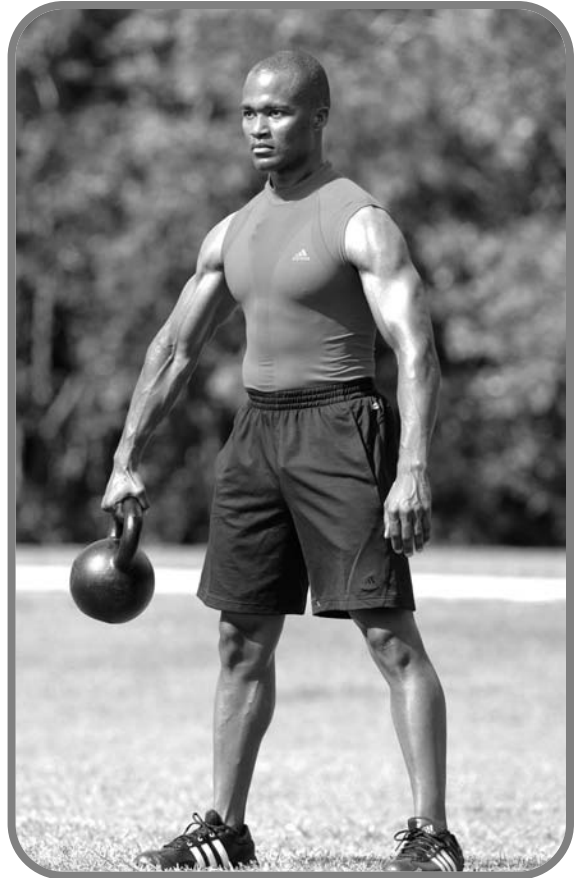
Target Area; Core, wrists, shoulders

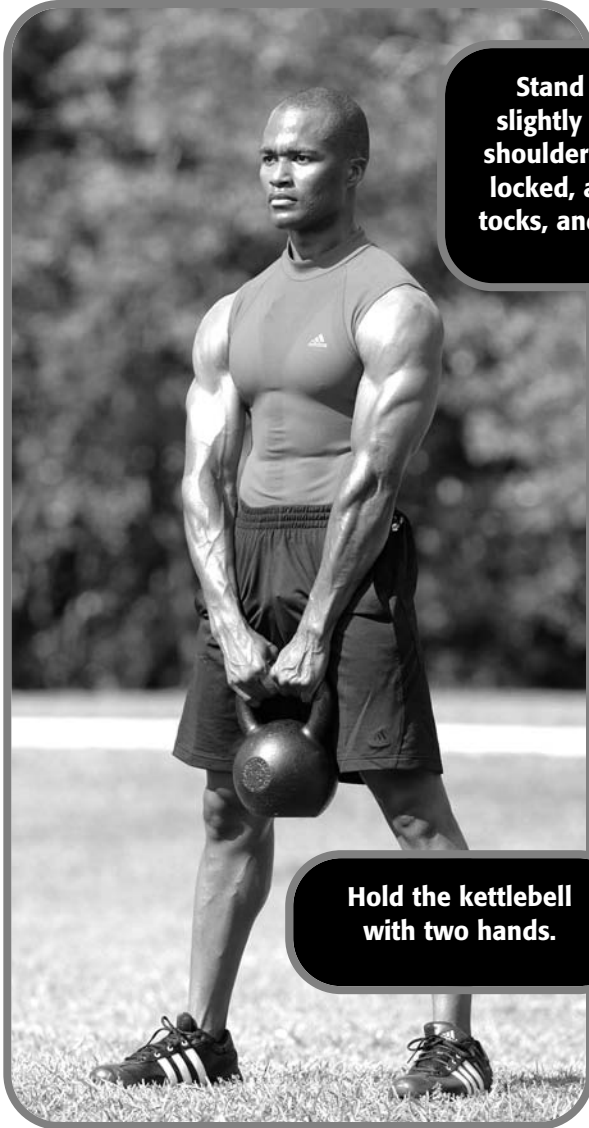
Benefits; Total body strength integration, balance, power. The kettlebell wrap around places rotational forces through the body.

As top rated golf teaching pro Jim Mclean says “Tension kills the golf swing.” The kettlebell wrap around teaches you what is known as relaxed tension. This is the very skill that is paramount for a smooth and powerful golf swing. If you use a death grip when passing the kettlebell around your body, you will lose your rhythm, get stuck and most likely drop the kettlebell. As you get more coordinated you will be able to go faster and maintain your balance and rhythm.

### ***Instructions***

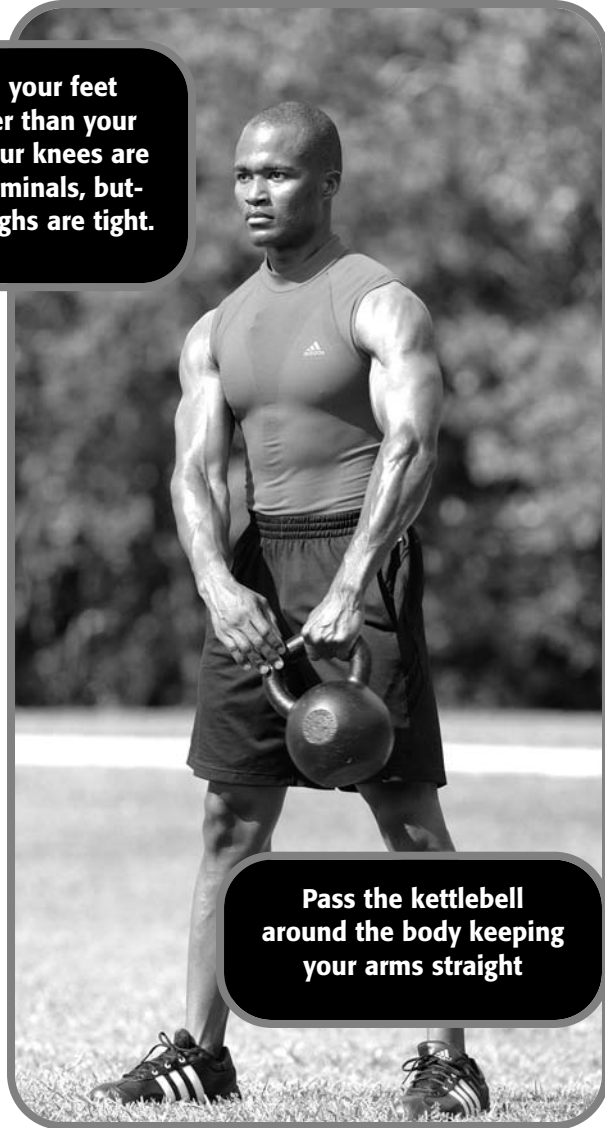
- Stand with your feet slightly wider than your shoulders, your knees are locked, abdominals, buttocks, and thighs are tight.
- Hold the kettlebell with two hands.
- Pass the kettlebell around the body keeping your arms straight
- Focus on maintaining tension in the legs, buttocks and abdominals.
- Breathe shallow as you pass the kettlebell around your body.
- Once you are comfortable with the knees locked position, progress to bending your knees slightly like in the address position of the golf swing. Do not bend forward.





**Stand with your feet slightly wider than your shoulders, your knees are locked, abdominals, buttocks, and thighs are tight.**

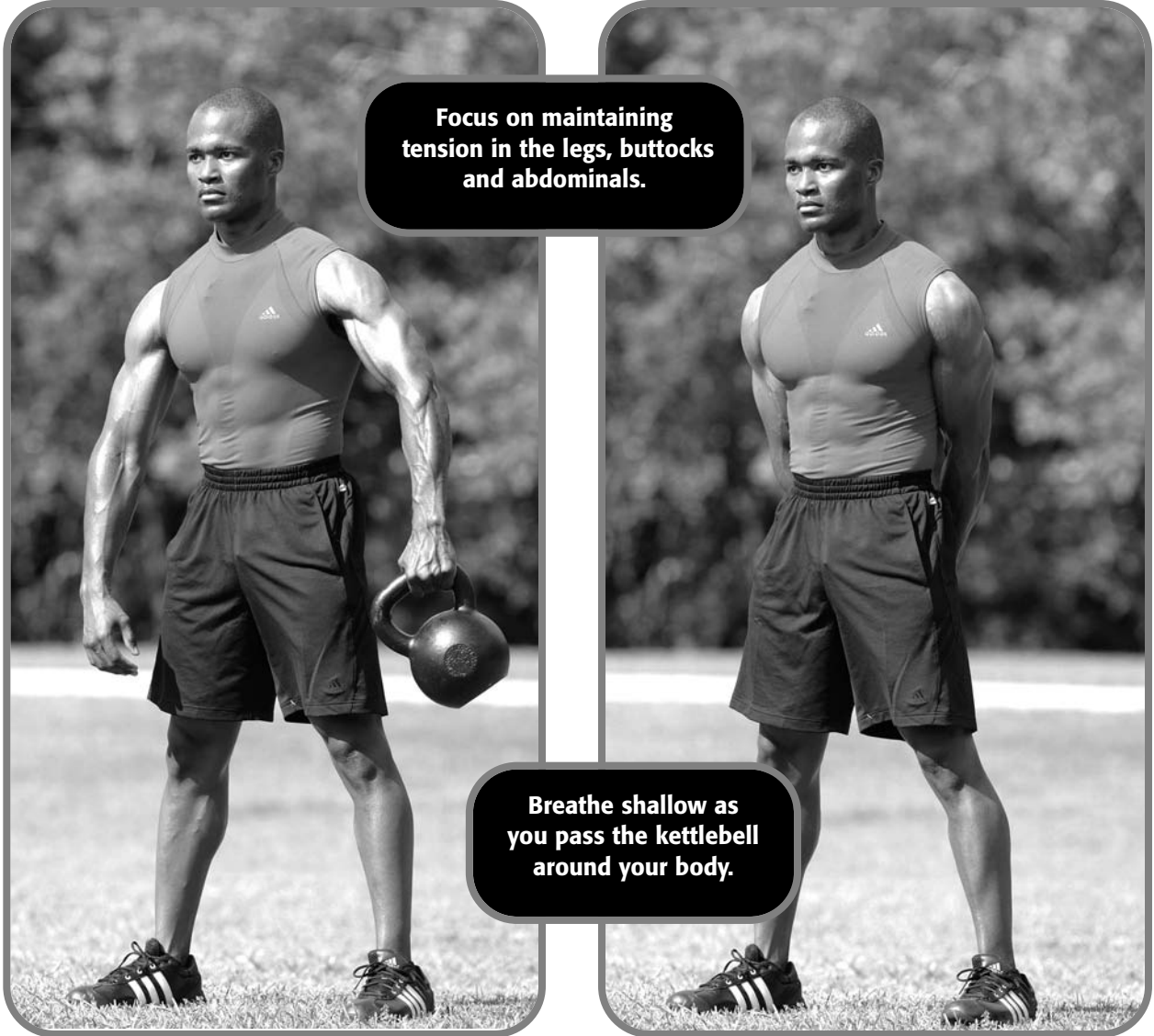
**Hold the kettlebell with two hands.**



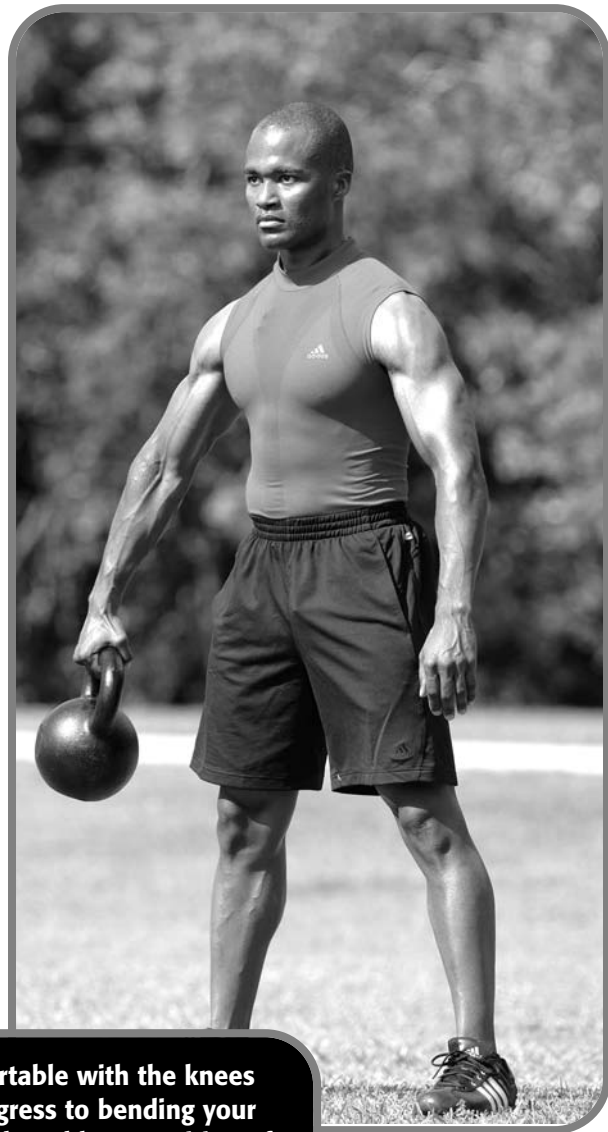
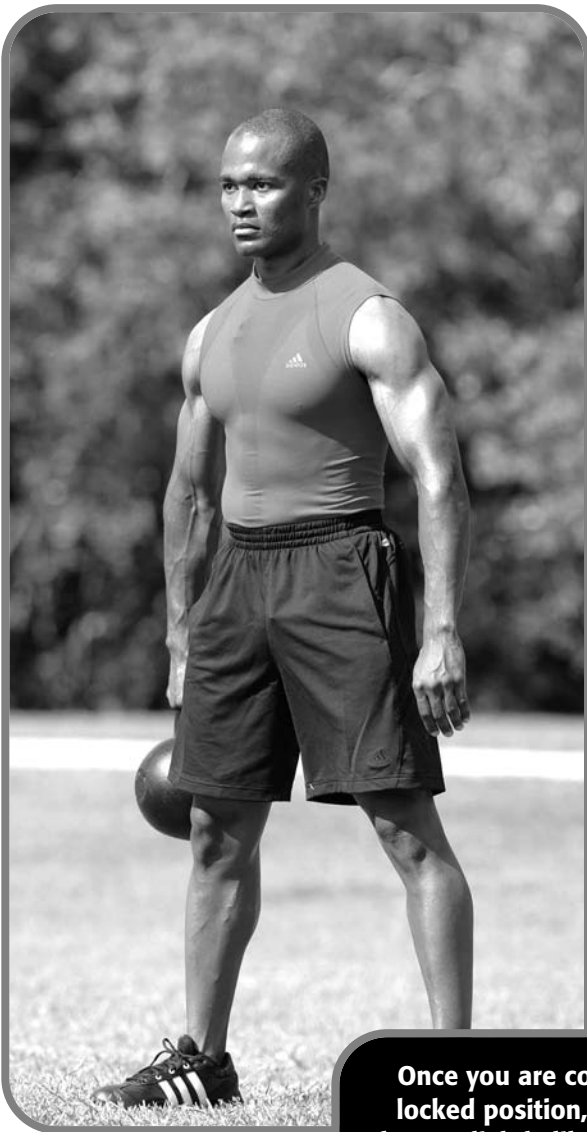
**Pass the kettlebell around the body keeping your arms straight**



**PHASE III: BALANCE DRILLS**

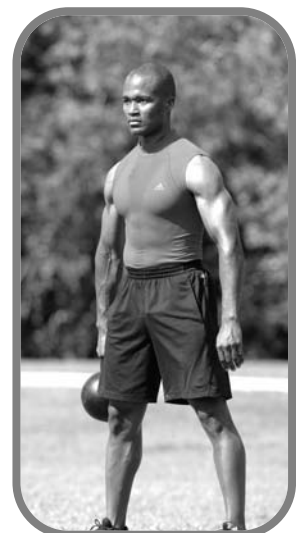
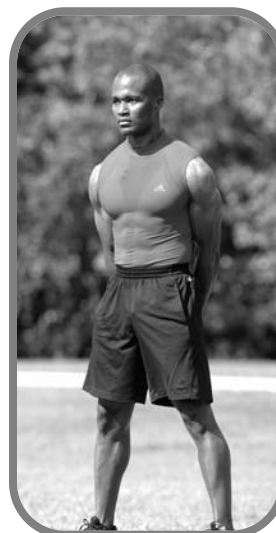
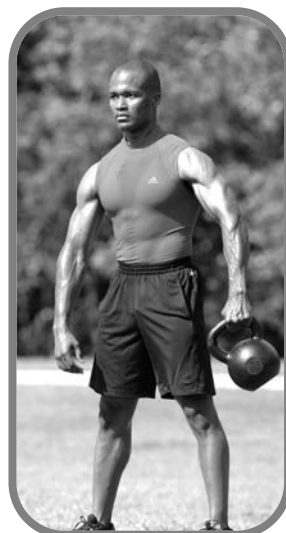
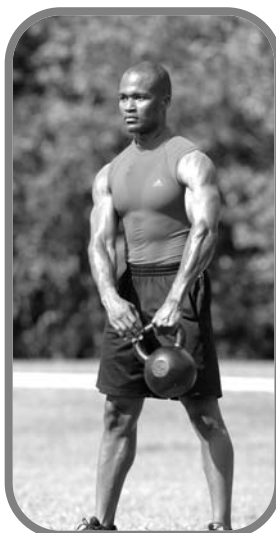
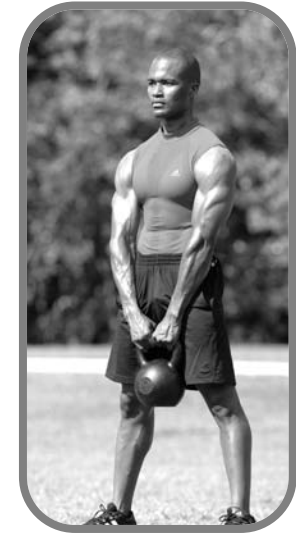
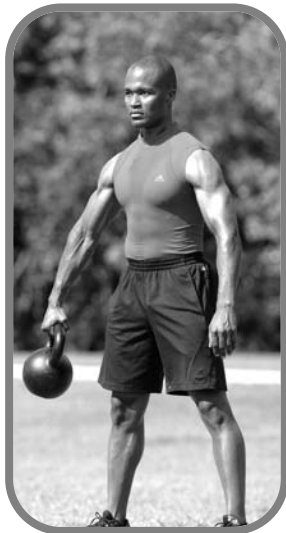
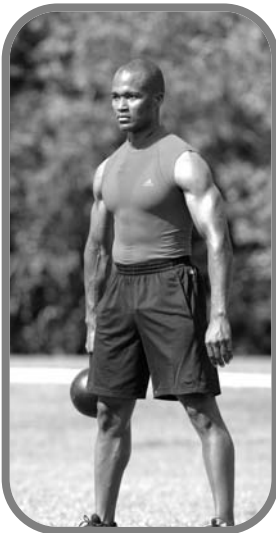
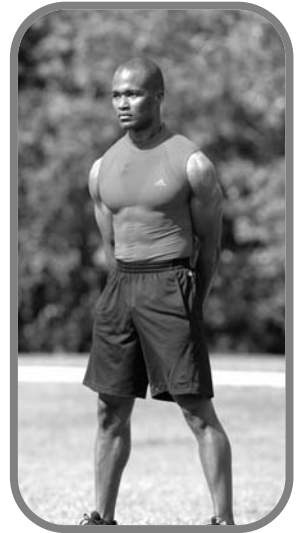
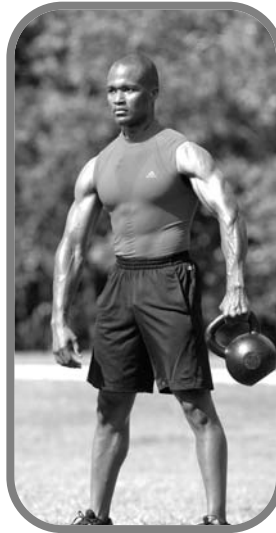
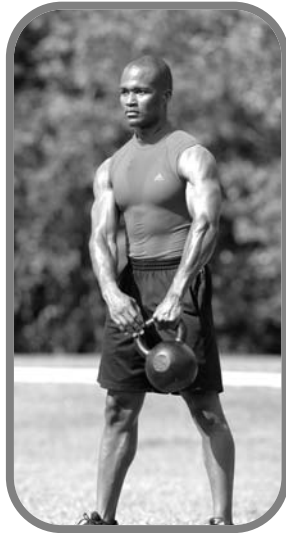
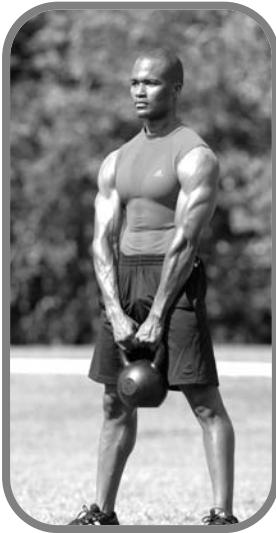


**HARDSTYLE GOLF CONDITIONING**



**Once you are comfortable with the knees locked position, progress to bending your knees slightly like in the address position of the golf swing. Do not bend forward.**

**PHASE III: BALANCE DRILLS**



# ***Hard Style Golf Conditioning: Balance and Stability Phase Program Week 1***

The following is a 4-week balance and stability training cycle. Notice the gradual change in training volume (i.e. number of sets and repetitions per exercise.) from week to week.





## **PHASE III: BALANCE DRILLS**

### **Week 1**

1. Horse stance vertical or horizontal: 2 sets x 6 reps (10" holds)  
Standing Wall Lean: 2 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
2. Horse stance vertical or horizontal: 2 sets x 6 reps (5" holds)  
Standing Wall Lean: 2 sets x 2 reps (15" holds)  
Kettlebell Swing: 2 sets x 20 reps
  
3. Horse stance vertical or horizontal: 2 sets x 6 reps (10" holds)  
Standing Wall Lean: 2 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
4. Horse stance vertical or horizontal: 2 sets x 6 reps (5" holds)  
Standing Wall Lean: 2 sets x 2 reps (15" holds)  
Kettlebell Swing: 2 sets x 20 reps
  
5. Horse stance vertical or horizontal: 2 sets x 6 reps (10" holds)  
Standing Wall Lean: 2 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
6. Horse stance vertical or horizontal: 2 sets x 6 reps (5" holds)  
Standing Wall Lean: 2 sets x 2 reps (15" holds)  
Kettlebell Swing: 2 sets x 20 reps
  
7. Stretching, Mobility and/or REST!

When choosing between the horse stance vertical or horizontal, select the exercise that you can perform for the designated number of reps with good form. Never perform an exercise with poor technique.



# ***Hard Style Golf Conditioning: Balance and Stability Phase Program Week 2***



## **PHASE III: BALANCE DRILLS**

### **Week 2**

1. Horse stance vertical or horizontal: 3 sets x 6 reps (10" holds)  
Standing Wall Lean: 3 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 3 sets x 20 reps (change directions at 10)
  
2. Horse stance vertical or horizontal: 3 sets x 6 reps (5" holds)  
Standing Wall Lean: 3 sets x 2 reps (15" holds)  
Kettlebell Swing: 3 sets x 20 reps
  
3. Horse stance vertical or horizontal: 2 sets x 6 reps (10" holds)  
Standing Wall Lean: 2 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
4. Horse stance vertical or horizontal: 2 sets x 6 reps (5" holds)  
Standing Wall Lean: 2 sets x 2 reps (15" holds)  
Kettlebell Swing: 2 sets x 20 reps
  
5. Horse stance vertical or horizontal: 3 sets x 6 reps (10" holds)  
Standing Wall Lean: 3 sets x 2 reps (30" holds)  
Kettlebell Wrap Around: 3 sets x 20 reps (change directions at 10)
  
6. Horse stance vertical or horizontal: 3 sets x 6 reps (5" holds)  
Standing Wall Lean: 3 sets x 2 reps (15" holds)  
Kettlebell Swing: 3 sets x 20 reps
  
7. Stretching, Mobility and/or REST!

When choosing between the horse stance vertical or horizontal, select the exercise that you can perform for the designated number of reps with good form. Never perform an exercise with poor technique.



# ***Hard Style Golf Conditioning: Balance and Stability Phase Program Week 3***





## **PHASE III: BALANCE DRILLS**

### **Week 3**

1. Horse stance dynamic: 2 sets x 4 reps/side  
Side plank: 2 sets x 4 reps/side (10" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
2. One leg stance or Rocket man: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Thigh Lunge: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Kettlebell Swing: 2 sets x 20 reps
  
3. Horse stance dynamic: 2 sets x 4 reps/side  
Side plank: 2 sets x 4 reps/side (10" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
4. One leg stance or Rocket man: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Thigh Lunge: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Kettlebell Swing: 2 sets x 20 reps
  
5. Horse stance dynamic: 2 sets x 4 reps/side  
Side plank: 2 sets x 4 reps/side (10" holds)  
Kettlebell Wrap Around: 2 sets x 20 reps (change directions at 10)
  
6. One leg stance or Rocket man: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Thigh Lunge: 2 sets x 4 reps/side (10" holds: alternate sides each rep)  
Kettlebell Swing: 2 sets x 20 reps
  
7. Stretching, Mobility and/or REST!

When choosing between the one leg stance or rocket man, thigh lunge or side plank, select the exercise that you can perform for the designated number of reps with good form. Never perform an exercise with poor technique.



# ***Hard Style Golf Conditioning: Balance and Stability Phase Program Week 4***



## **PHASE III: BALANCE DRILLS**

### **Week 4**

1. Horse stance dynamic: 3 sets x 4 reps/side: hold for 5 seconds each  
Side plank: 3 sets x 4 reps/side (10 second holds)  
Kettlebell Wrap Around: 3 sets x 20 reps (change directions at 10)
2. One leg stance or Rocket man: 3 sets x 4 reps/side (10 second holds: alternate sides each rep)  
Thigh Lunge: 3 sets x 4 reps/side (10" holds: alternate sides each rep)  
Kettlebell Swing: 3 sets x 20 reps
3. Horse stance dynamic: 3 sets x 4 reps/side: hold for 5 seconds each  
Side plank: 3 sets x 4 reps/side (10 second holds)  
Kettlebell Wrap Around: 3 sets x 20 reps (change directions at 10)
4. One leg stance or Rocket man: 3 sets x 4 reps/side (10 second holds: alternate sides each rep)  
Thigh Lunge: 3 sets x 4 reps/side (10" holds: alternate sides each rep)  
Kettlebell Swing: 3 sets x 20 reps
5. Horse stance dynamic: 3 sets x 4 reps/side: hold for 5 seconds each  
Side plank: 3 sets x 4 reps/side (10 second holds)  
Kettlebell Wrap Around: 3 sets x 20 reps (change directions at 10)
6. One leg stance or Rocket man: 3 sets x 4 reps/side (10 second holds: alternate sides each rep)  
Thigh Lunge: 3 sets x 4 reps/side (10 second holds: alternate sides each rep)  
Kettlebell Swing: 3 sets x 20 reps
7. Stretching, Mobility and/or REST!

When choosing between the one leg stance or rocket man, select the exercise that you can perform for the designated number of reps with good form. Never perform an exercise with poor technique.



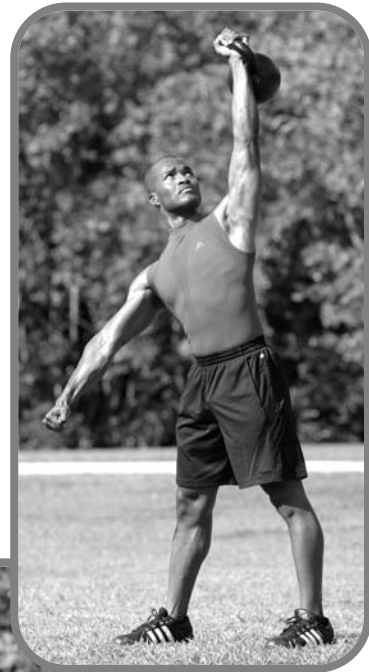
## What about Abs?

You may be wondering where the abdominal exercises are in your Hard Style Golf Conditioning Program. What I am about to discuss in relation to abdominal training will change your life and the way you look at exercise as a whole. Effective abdominal conditioning goes far beyond crunches and sit-ups. In fact crunches and sit-ups are low on the golf performance totem poll. There are applications for the crunch and sit up but they are not needed in your Hard Style Golf Conditioning program.

### “By Proxy” Abdominal Training

In his 2001 article titled “*Back to the Future of Abdominal Training*” Paul Chek summed it up best when he said “The actions of the abdominal wall are quite complex indeed. It is common for us to think of the abdominals as muscles whose primary function is the aesthetics they provide in front of a mirror. This sort of thinking is analogous to thinking that a car is a box on wheels, the sun is merely a light source for earth, or that having a headache is an indication of an Aspirin deficiency!”

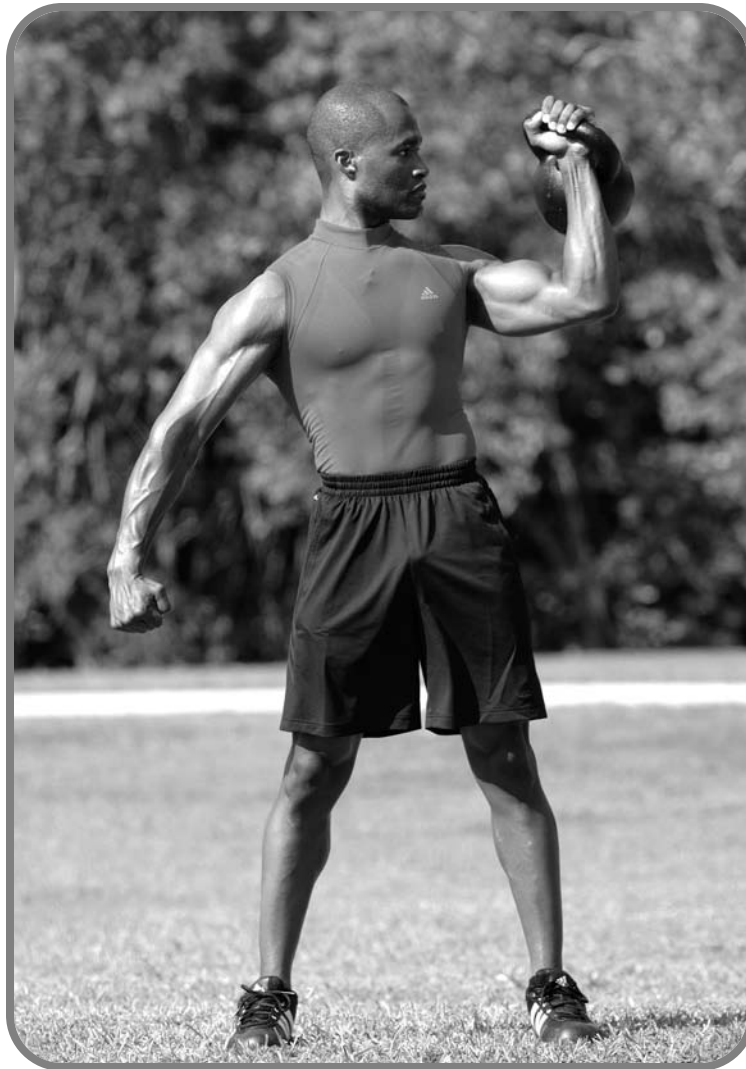
The abdominals play an important role in the health of the entire body and as such, they respond best to functional exercises. For our purposes functional exercises are those where the abdominals make a large contribution in the execution of the movement, therefore improving abdominal conditioning “by proxy”. Kettlebells provide real world conditioning for the abdominals that will carry over to the golf course and in everyday life. Your Hard Style Golf Conditioning program will help you create a “six pack that works”!







***Phase IV.  
Strength Drills***



# **Strength Drills**

Golf is a game of strength and power, with finesse of course. Before you can generate power, you must have an adequate strength base. When you have a solid foundation of strength, it increases your work capacity. In golf you must be capable of activating all of your muscles simultaneously and repeatedly. If you lack adequate strength, your ability to do this will diminish with every stroke. Your Hard Style Golf strength program will increase your work capacity and a high level of physical resiliency.



## **1a. Kettlebell Screwdriver (Kneeling)**

Target Area; wrist, elbow and shoulder

Benefits: grip strength, strength and resiliency in the wrist and elbow muscles, tendons, ligaments and joints.

This innocent looking drill will toughen up your wrists and elbows. It will develop strength and resiliency to withstand the repetitive use during your golf game.



### **Instructions**

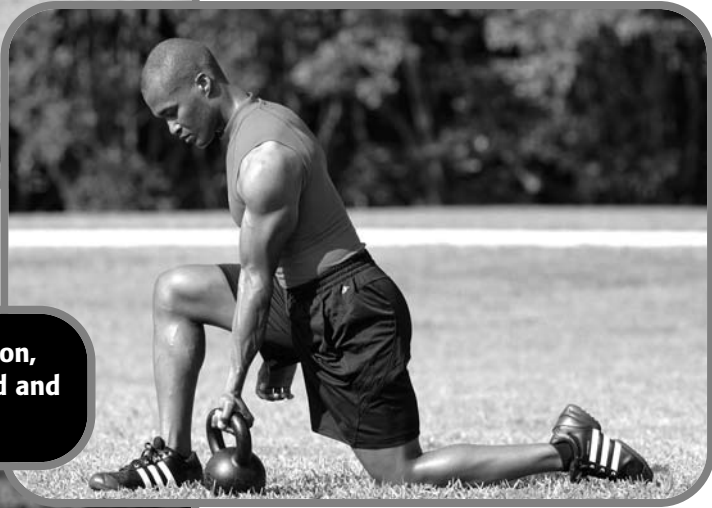
- Place the kettlebell on the floor. Since there is more friction with the kettlebell on the floor, perform the screwdriver in one direction like opening a jar.
- Turn the kettlebell in one direction, release your hand, reset your hand and then turn again.
- To change the level of resistance, simply change the floor surface. A hard floor will provide minimal resistance. Carpet will make you work a bit harder.
- Let form dictate how much friction you use. Use tempo as your guide. The goal is one full turn of the kettlebell per second. If you slow down before you reach your target repetitions, reduce the friction surface (i.e. go to a smoother/easier surface)
- You can increase intensity by pushing into the floor while turning the kettlebell.



**HARDSTYLE GOLF CONDITIONING**



Place the kettlebell on the floor. Since there is more friction with the kettlebell on the floor, perform the screwdriver in one direction like opening a jar.



Turn the kettlebell in one direction, release your hand, reset your hand and then turn again.



Let form dictate how much friction you use. Use tempo as your guide.

The goal is one full turn of the kettlebell per second.



If you slow down before you reach your target repetitions, reduce the friction surface.



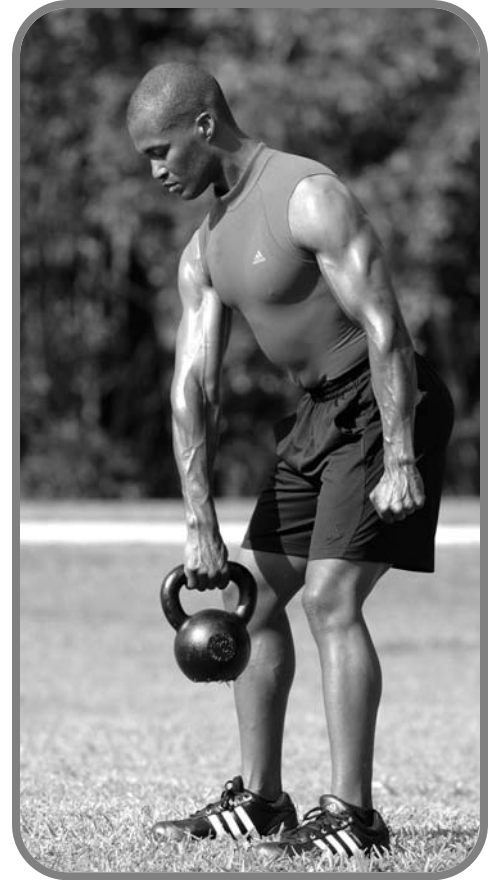


## ***1b. Kettlebell Screwdriver (Hanging)***

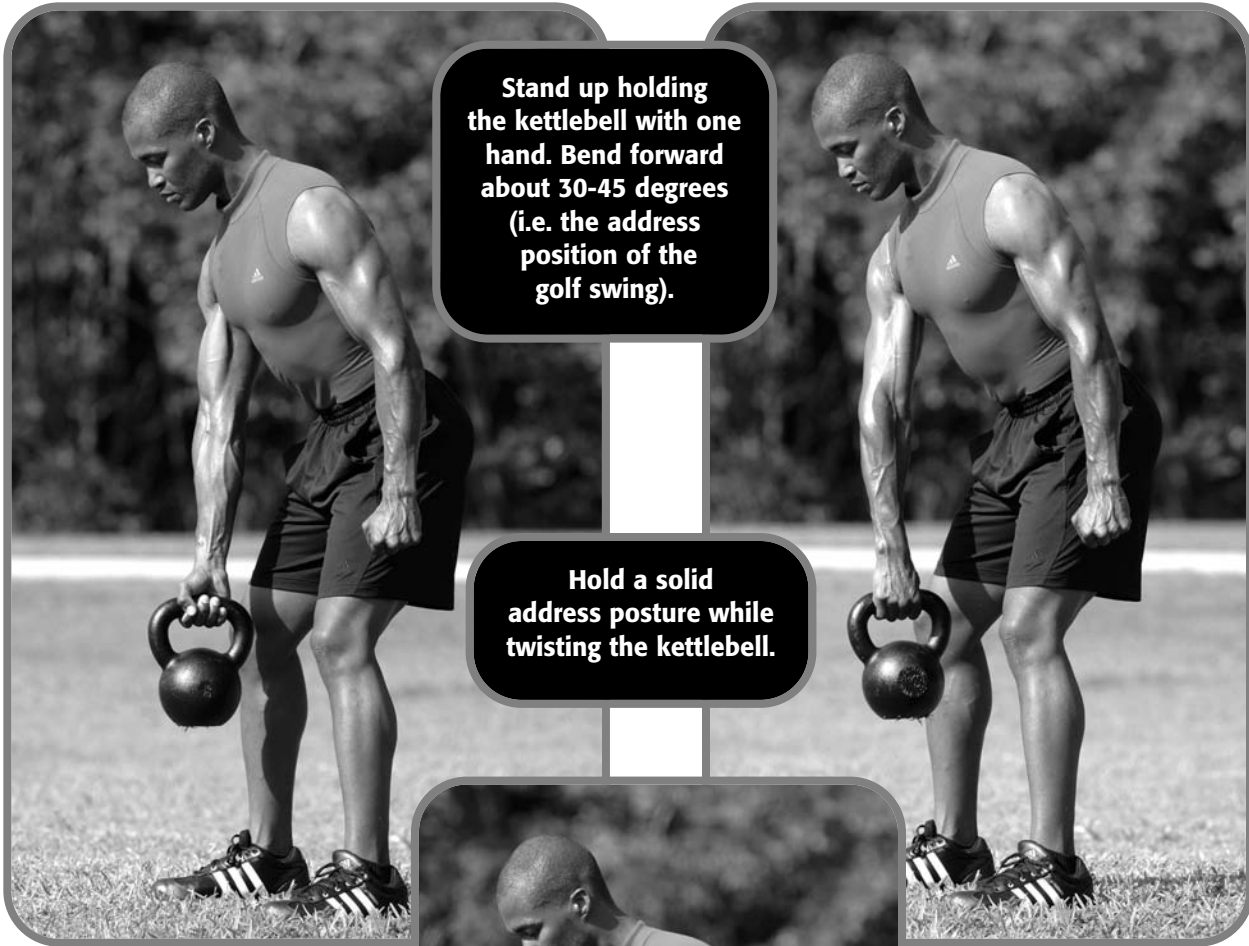
The hanging screwdriver places a high level of shear or tearing forces through the forearm. When performed with a gradual increase in intensity it will give your wrists and forearms enough toughness to withstand anything you do on the golf course. If you are too aggressive, you may risk injuring yourself. Please use your judgment and let technique guide your intensity and progression.

### ***Instructions***

- Stand up holding the kettlebell with one hand. Bend forward about 30-45 degrees (i.e. the address position of the golf swing).
- Hold a solid address posture while twisting the kettlebell.
- The twist force should come from the elbow, not the wrist.
- Take note to maintain proper spinal alignment with chest up and lower back straight (tail bone up).
- Twist the kettlebell with a moderate and rhythmic pace. Only go as fast as you can control the kettlebell. Keep the repetitions low (4-8 reps) as this one will fry your forearms and wrists in a hurry. One turn in each direction equals one repetition

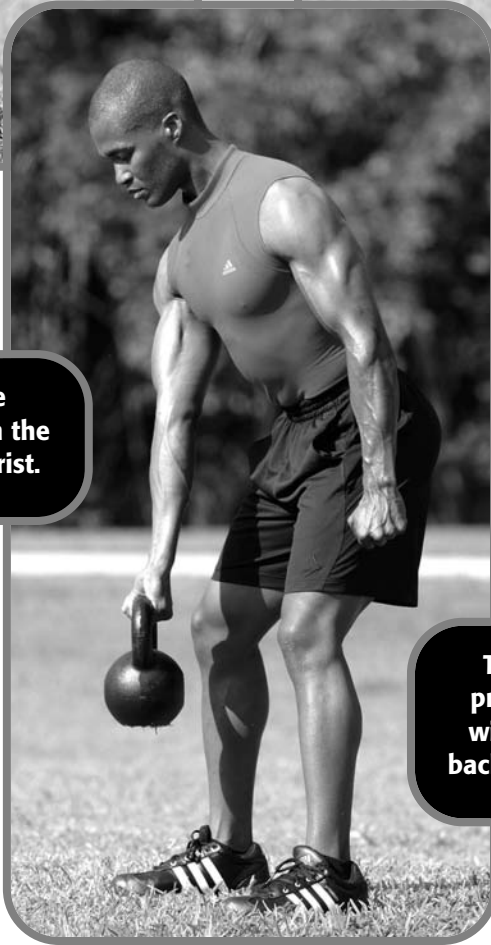


**HARDSTYLE GOLF CONDITIONING**



**Stand up holding the kettlebell with one hand. Bend forward about 30-45 degrees (i.e. the address position of the golf swing).**

**Hold a solid address posture while twisting the kettlebell.**



**The twist force should come from the elbow, not the wrist.**

**Take note to maintain proper spinal alignment with chest up and lower back straight (tail bone up).**

## 2. One Legged Deadlift

Target area: legs and core

Benefits: balance, strength and stability in muscles of the ankle, knee and hips

This drill is a progression of the one legged stance as well as the rocket man. As Pavel Tsatsouline states in his *From Russia with Tough Love* DVD, the one legged deadlift will teach you the valuable skill of staying tight. This means that you are actively tensing all of your muscles to increase strength, stability and to protect you from injury. This drill will develop overall body coordination that will carry over to a stronger and more balanced golf swing.



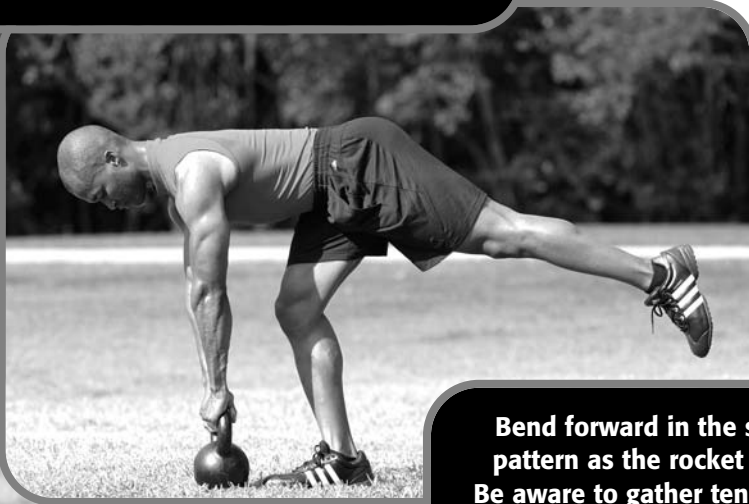
### **Instructions**

- Stand with the kettlebell in front of the foot that will remain on the floor.
- Bend forward in the same pattern as the rocket man. Be aware to gather tension in the foot, thigh, hips and abdominals as you lower down.
- Grab the kettlebell with two hands.
- Take a deep breath, grip the handle tight and slowly start to stand up. As you begin to rise, imagine driving your foot through the floor.
- You must keep our body aligned i.e. shoulders parallel to the floor and your knee in line with your foot.
- If you start to lose your balance, simply stabilize yourself with the back foot, then continue the lift.
- Squeeze your buttocks at the top.
- Grip the ground with your toes.

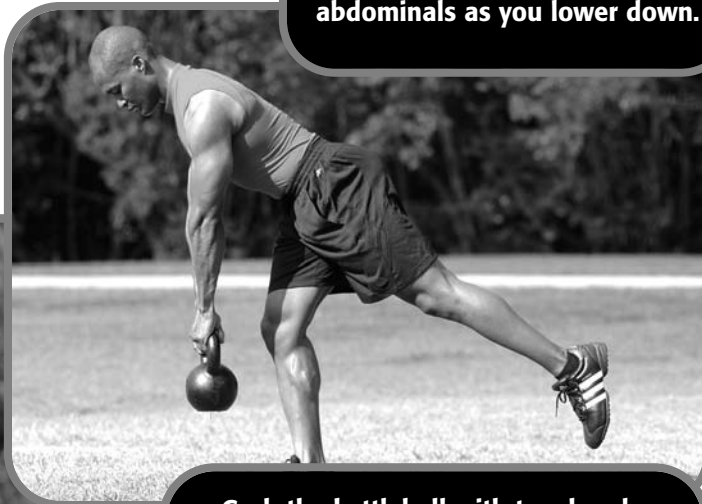
**HARDSTYLE GOLF CONDITIONING**



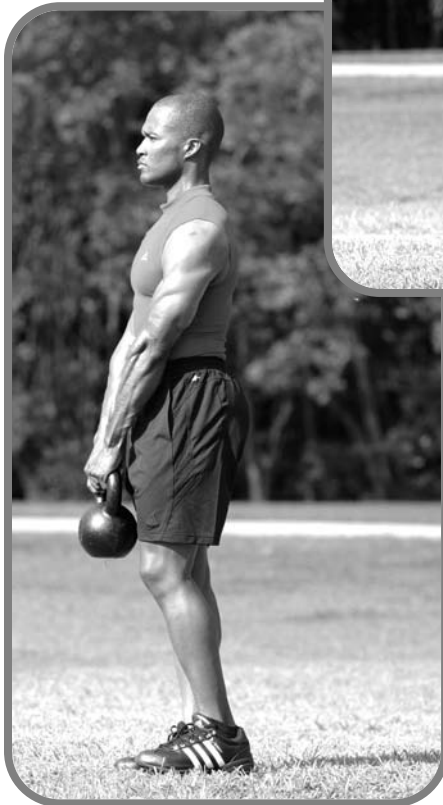
**Stand with the kettlebell in front of the foot that will remain on the floor.**



**Bend forward in the same pattern as the rocket man. Be aware to gather tension in the foot, thigh, hips and abdominals as you lower down.**

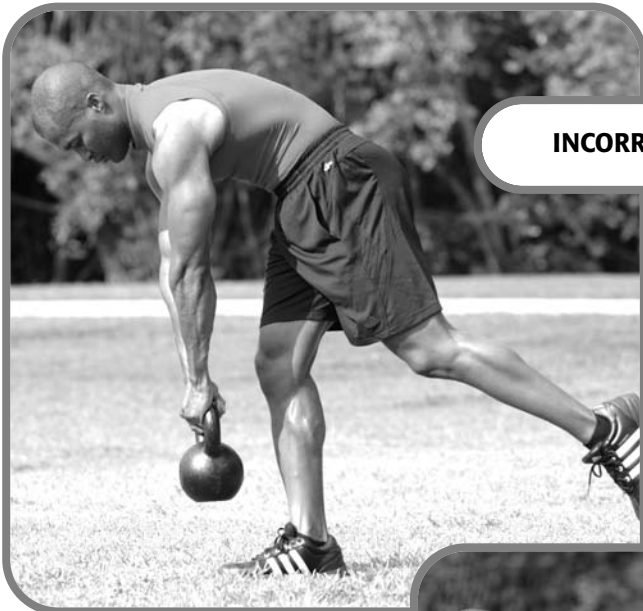


**Grab the kettlebell with two hands. Take a deep breath, grip the handle tight and slowly start to stand up.**

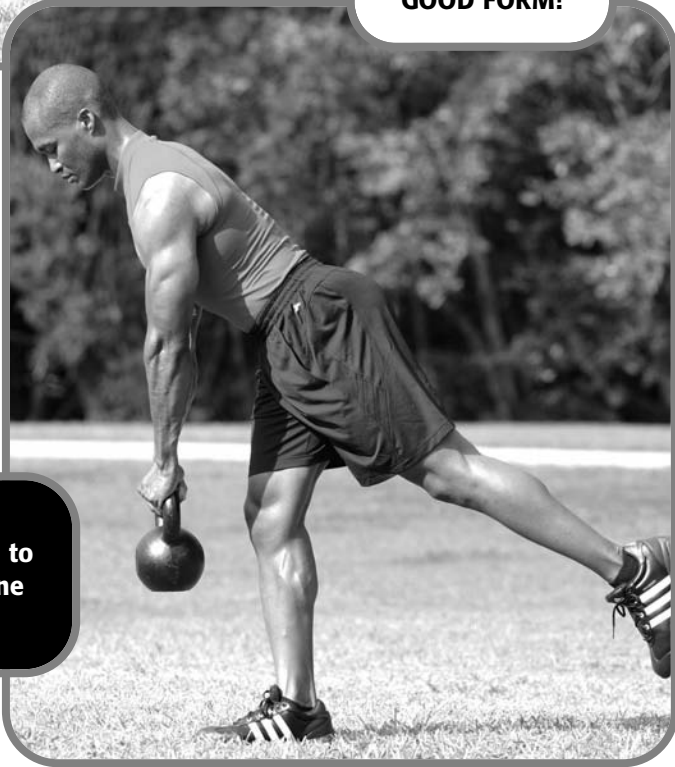




**PHASE IV. STRENGTH DRILLS**

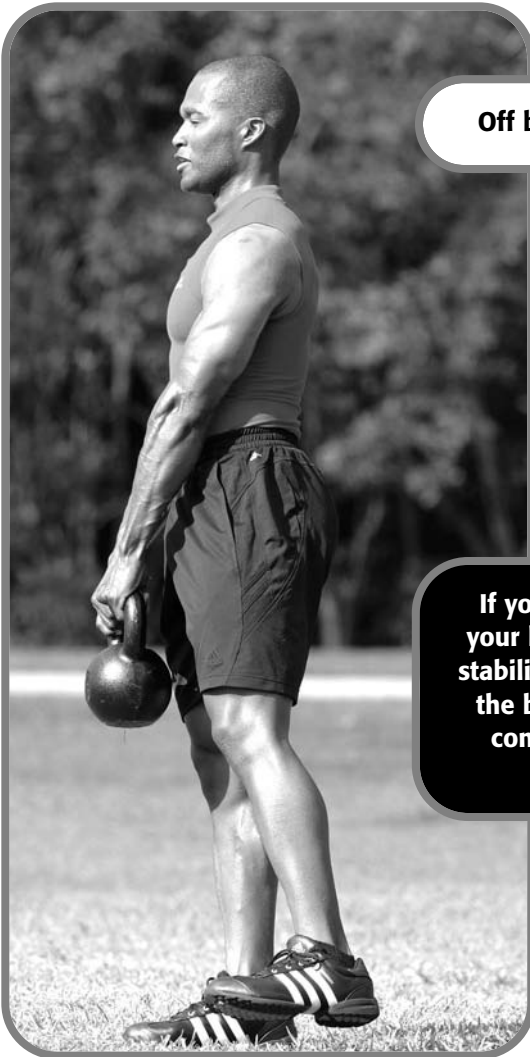


**INCORRECT FORM!**



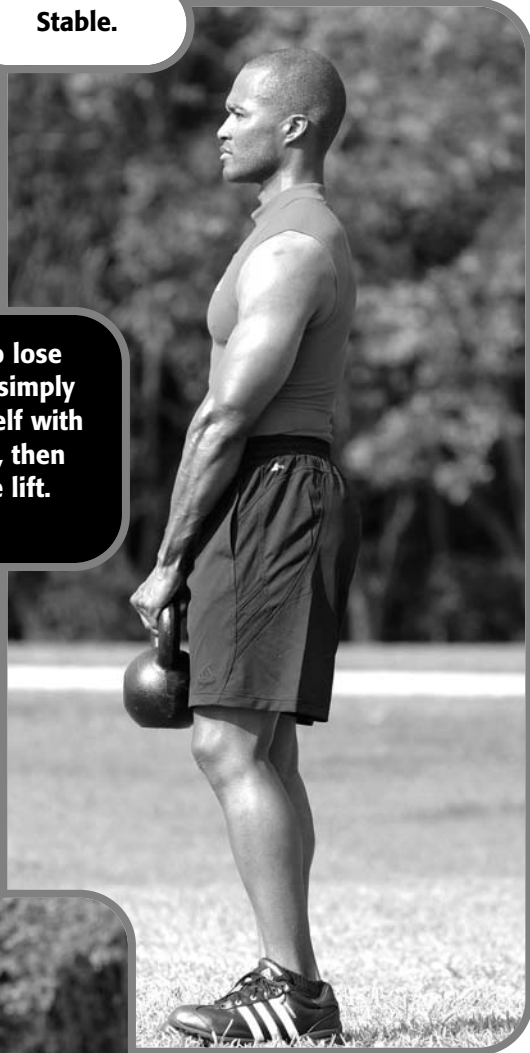
**GOOD FORM!**

**You must keep our body aligned i.e. shoulders parallel to the floor and your knee in line with your foot.**



**Off balance.**

**Stable.**



**If you start to lose your balance, simply stabilize yourself with the back foot, then continue the lift.**



**Envision your foot driving through the floor as you lift up.  
Grip the ground with your toes.**

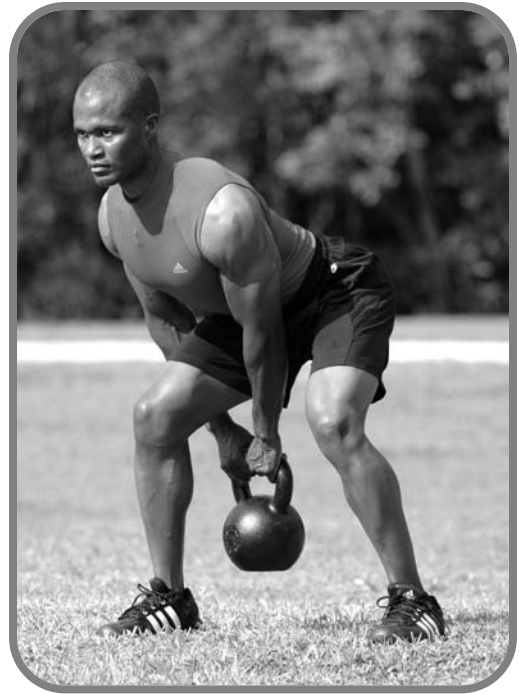
## **3. Under The Leg Pass**

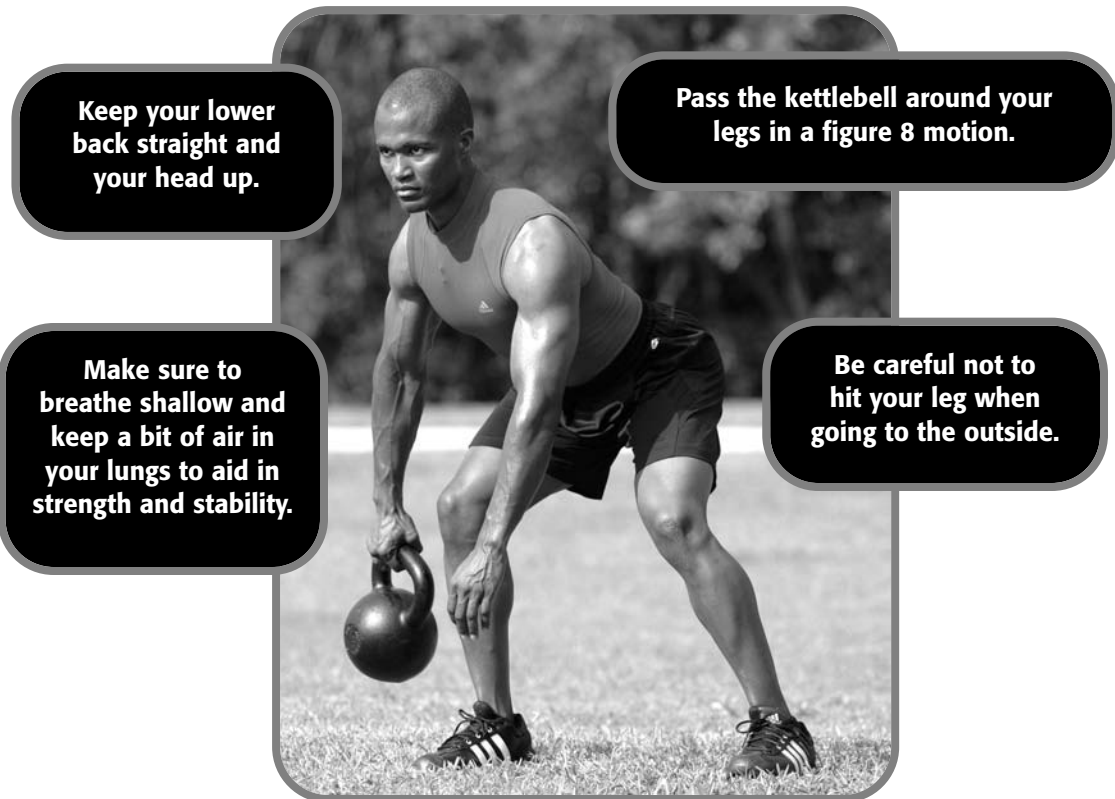
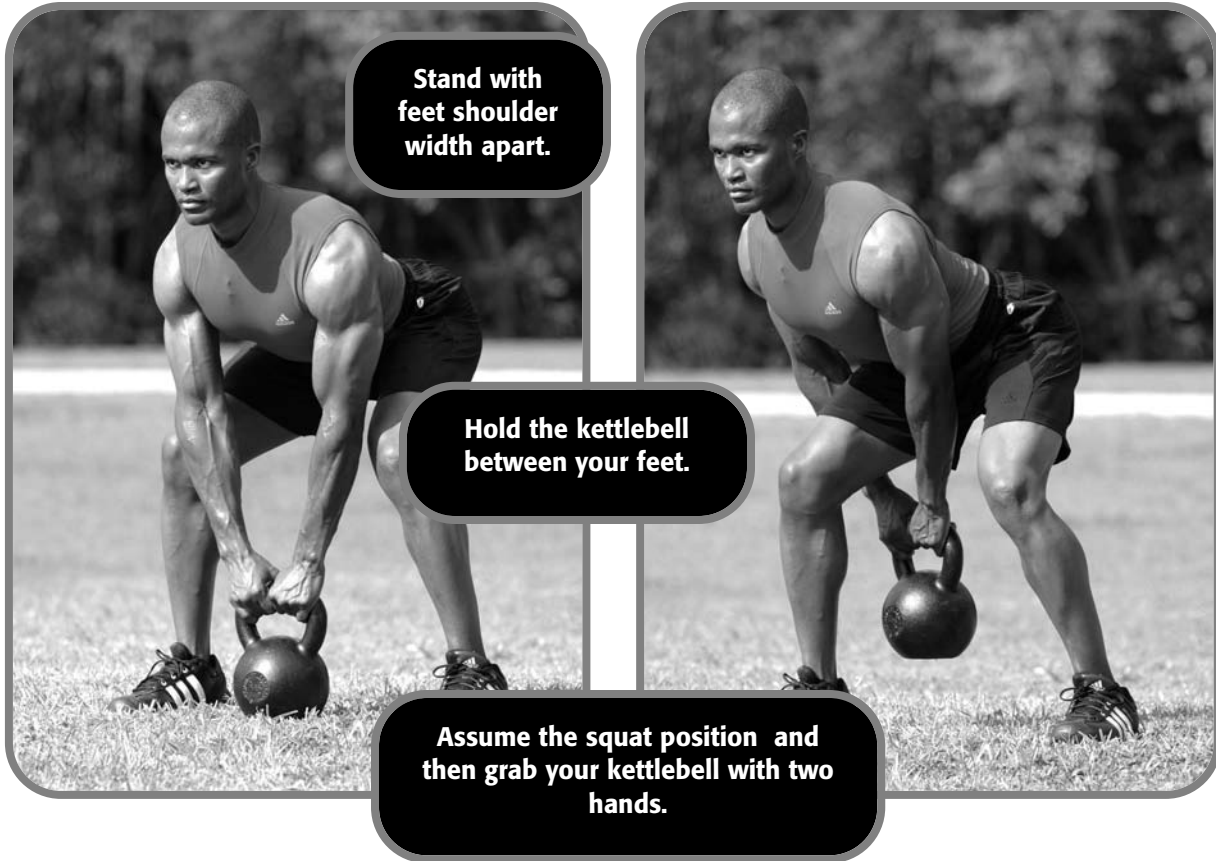
Target area: Lower back, hips, core, shoulders.

Benefits: strength endurance in the lower back, abdominals, hips and grip strength. If you get good at this exercise your back will stay fresh during your round of golf.

### **Instructions**

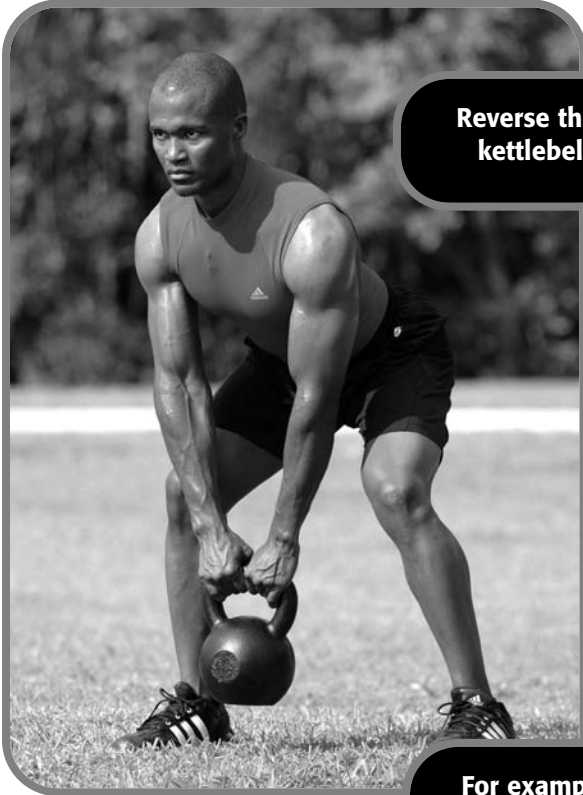
- Stand with feet shoulder width apart.
- Hold the kettlebell between your feet.
- Assume the squat position and then grab your kettlebell with two hands.
- Pass the kettlebell around your legs in a figure 8 motion.
- Reverse the direction of the kettlebell to add variety. For example go around the outside of your leg and then switch to the inside. Be careful not to hit your leg when going to the outside.
- Keep your lower back straight and your head up.
- Make sure to breathe shallow and keep a bit of air in your lungs to aid in strength and stability.



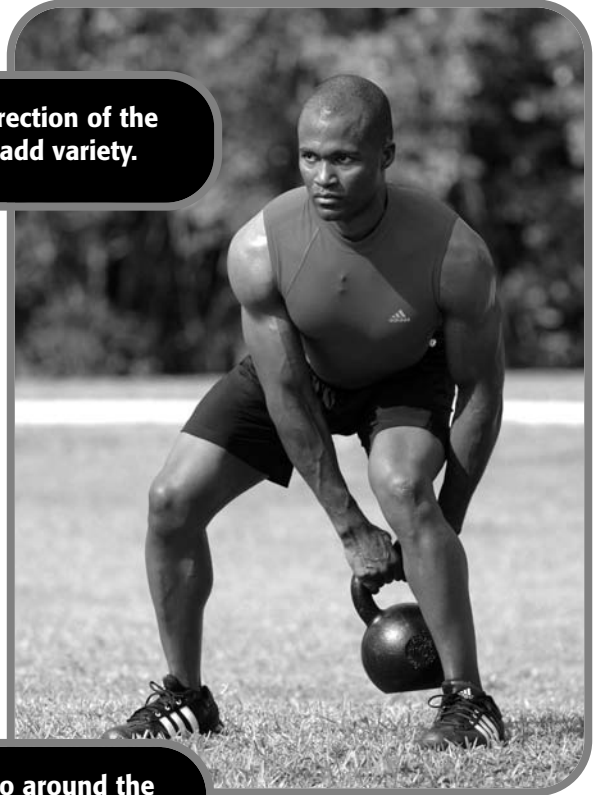




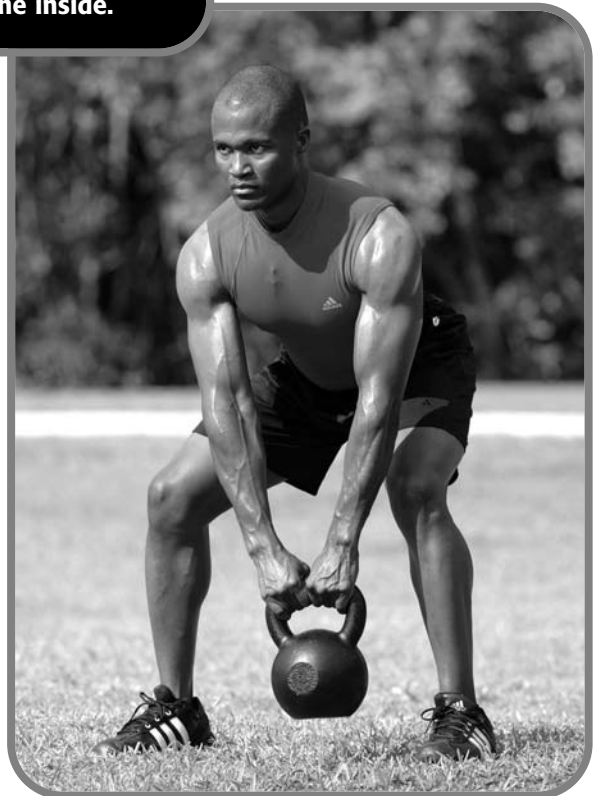
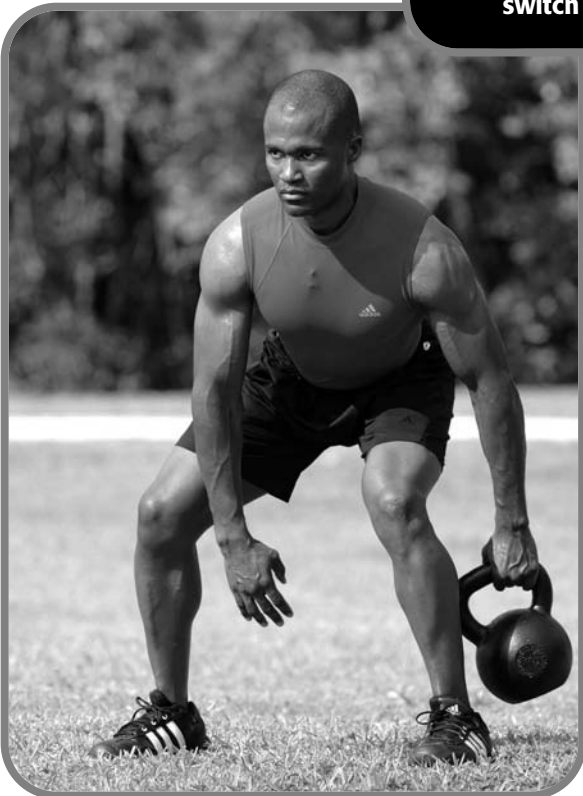
**PHASE IV. STRENGTH DRILLS**



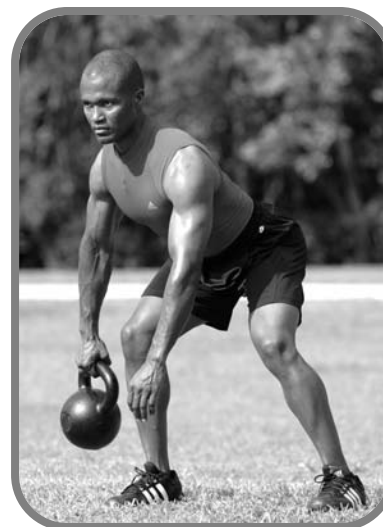
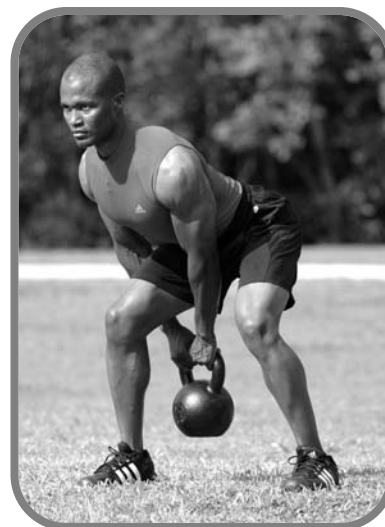
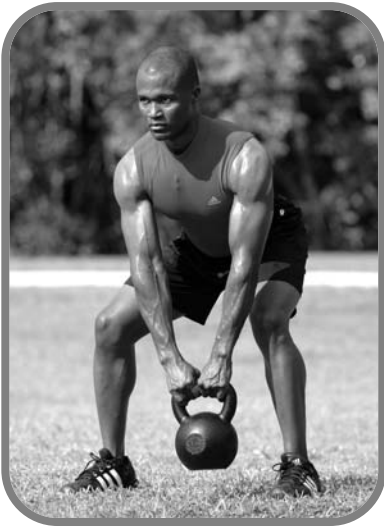
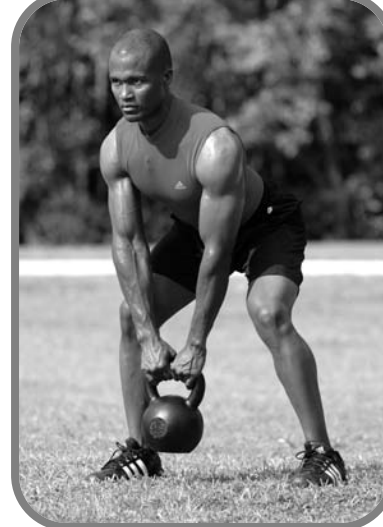
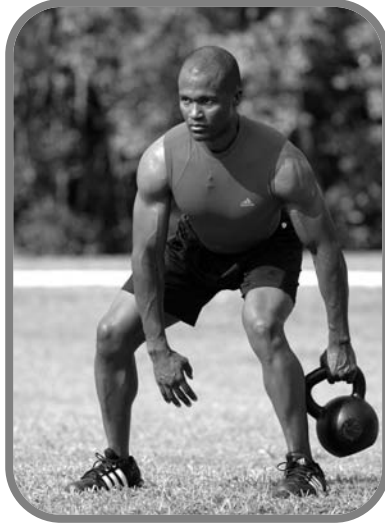
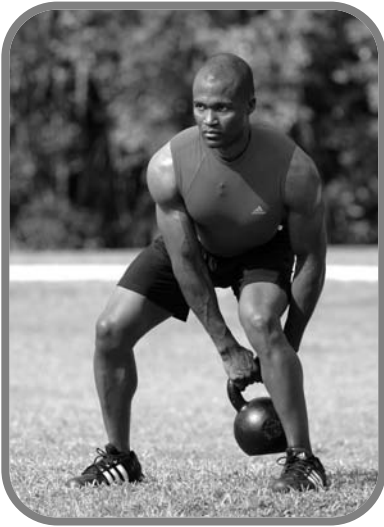
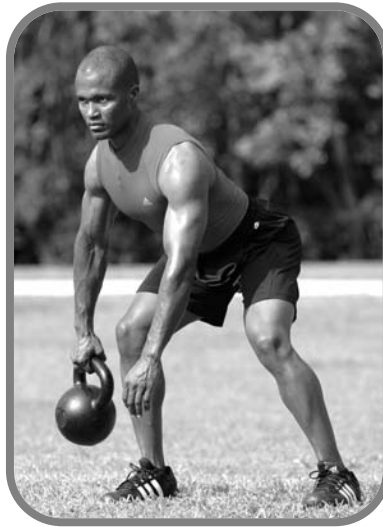
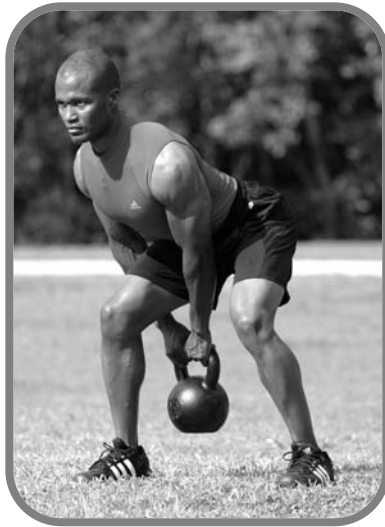
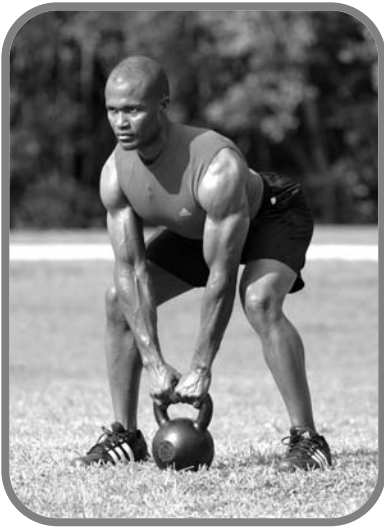
**Reverse the direction of the kettlebell to add variety.**



**For example go around the outside of your leg and then switch to the inside.**



**HARDSTYLE GOLF CONDITIONING**



## 8. Military Press

Target area: shoulders and all supporting muscles of the shoulder.

Benefits: strength in the small and large muscles of the shoulder. Total body integration with an overhead lift.

The kettlebell military press is a great exercise for strengthening both the deep rotator cuff and larger muscles of the shoulder. If you have performed military presses with a dumbbell, you will appreciate the kettlebell military press. Like all kettlebell exercises, the military press does not just involve the arm but requires a coordinated effort from the entire body. The military press will prepare you for the windmill and bent press strength drills.

### Instructions

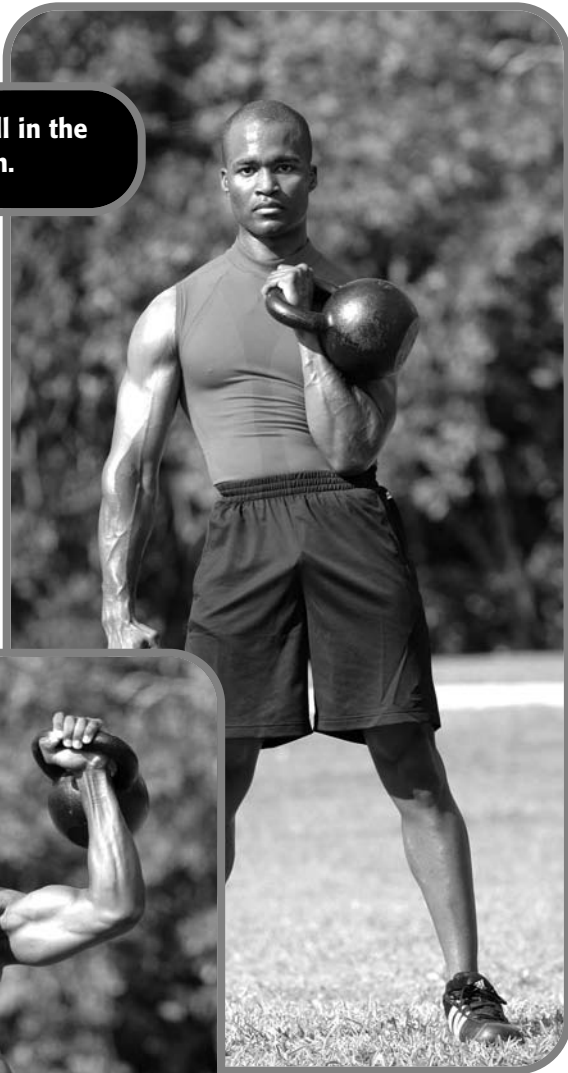
- Place the kettlebell in the rack position.
- Take a deep breath in, tighten your armpit, and then bring the kettlebell out to your side keeping the forearm vertical.
- Once your armpit is tight, press the kettlebell overhead into the lockout position. Focus on keeping your armpit tight and shoulder down as you press. Project your hip under your arm as you press. Observe the hip positions in the photos.
- At the top position the kettlebell should be behind your head. If you have problems with flexibility in your shoulders, I recommend repeating the flexibility and mobility phases of your HSG program. The stretches in the book *Relax Into Stretch* or *Super Joints* by Pavel Tsatsouline will also help.
- When lowering the kettlebell back down actively pull the kettlebell back down into your body. Tighten your armpit, and again project your hip under your arm. The buttocks and abdominals are to remain tight as well while returning the kettlebell back to the rack position.
- Gather yourself and hit it again.







**Place the kettlebell in the rack position.**

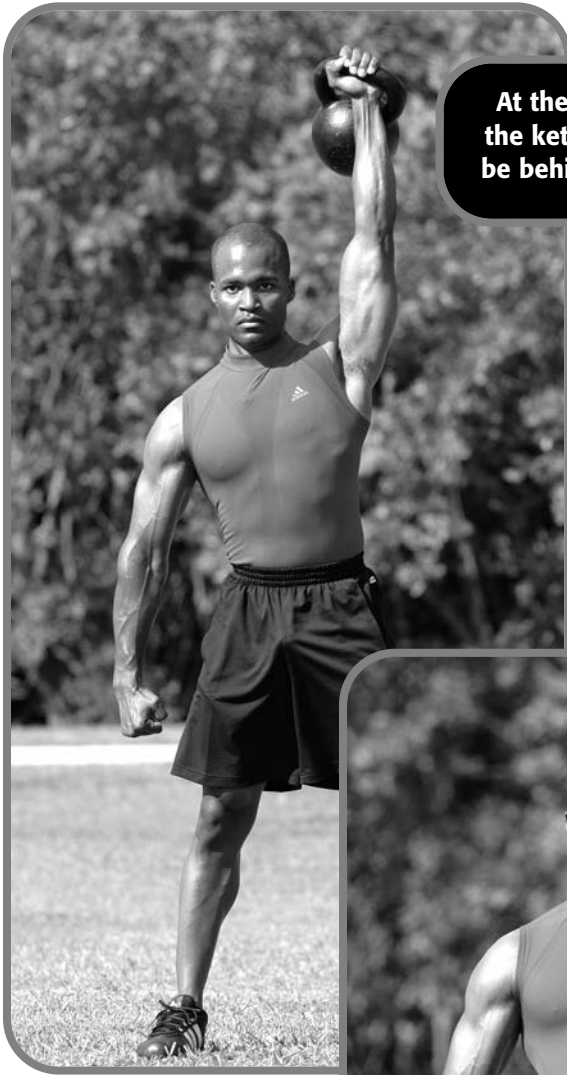


**Take a deep breath in, tighten your armpit, and then bring the kettlebell out to your side keeping the forearm vertical.**

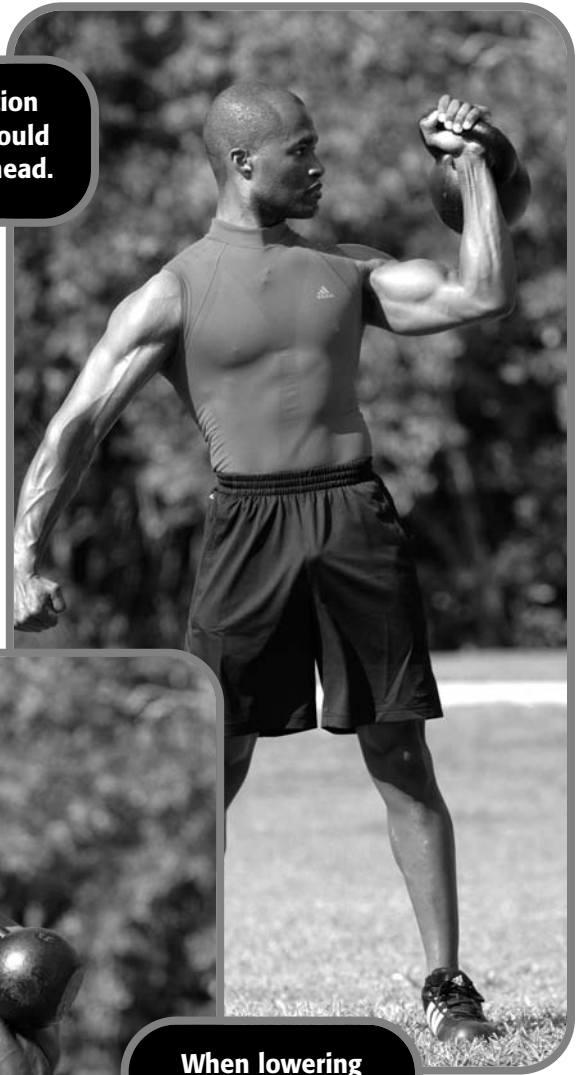
**Once your arm pit is tight, press the kettlebell over head into the lockout position. Focus on keeping your armpit tight and shoulder down as you press. Project your hip under your arm as you press. Observe the hip positions in the photos.**



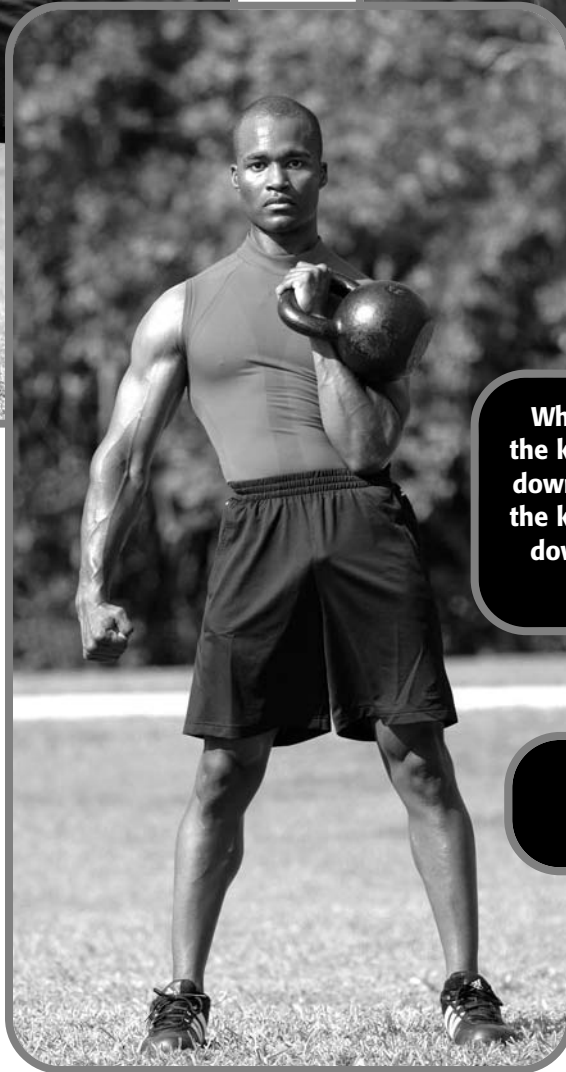
**PHASE IV. STRENGTH DRILLS**



**At the top position  
the kettlebell should  
be behind your head.**



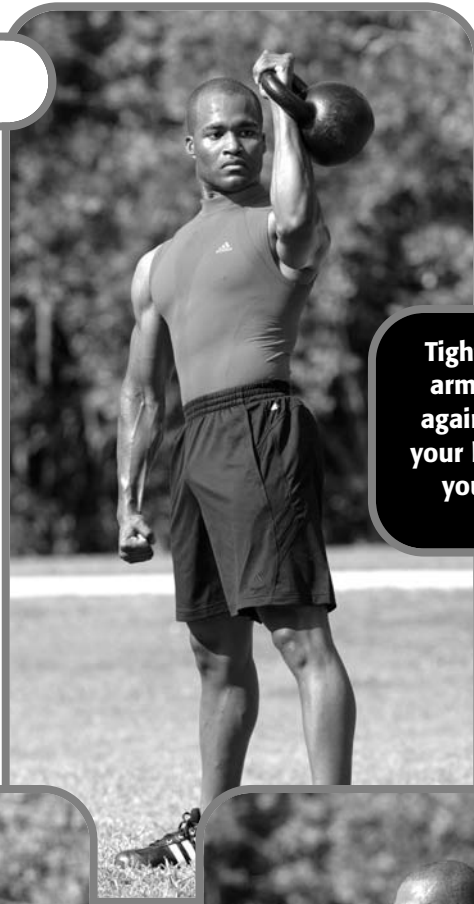
**When lowering  
the kettlebell back  
down actively pull  
the kettlebell back  
down into your  
body.**



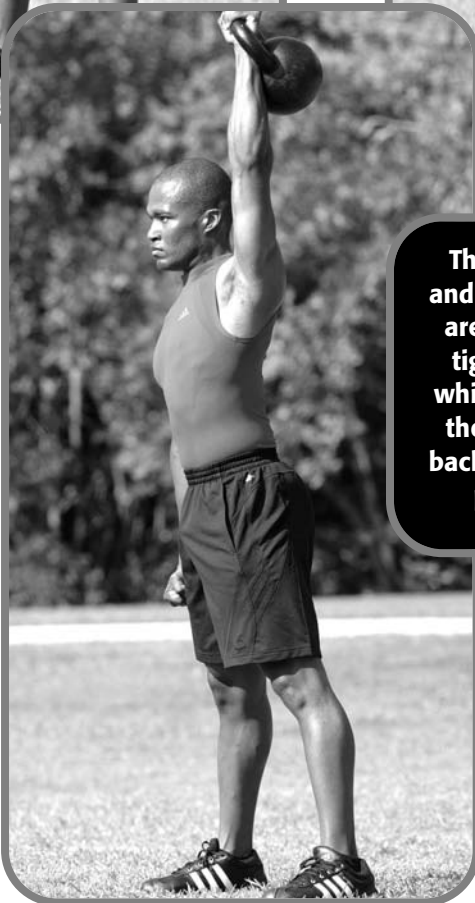
**Gather yourself  
and hit it again.**



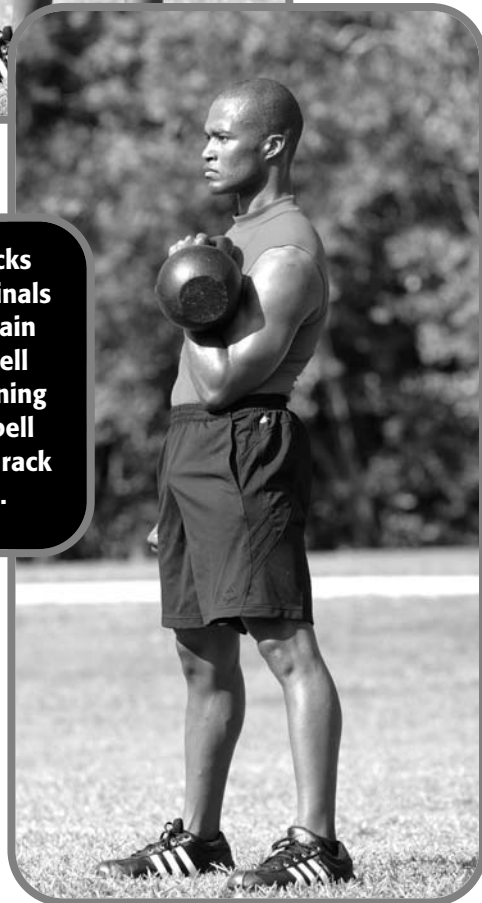
**Angled View**



**Tighten your armpit, and again project your hip under your arm.**



**The buttocks and abdominals are to remain tight as well while returning the kettlebell back to the rack position.**



## The Hard Style Golf Conditioning Facts!

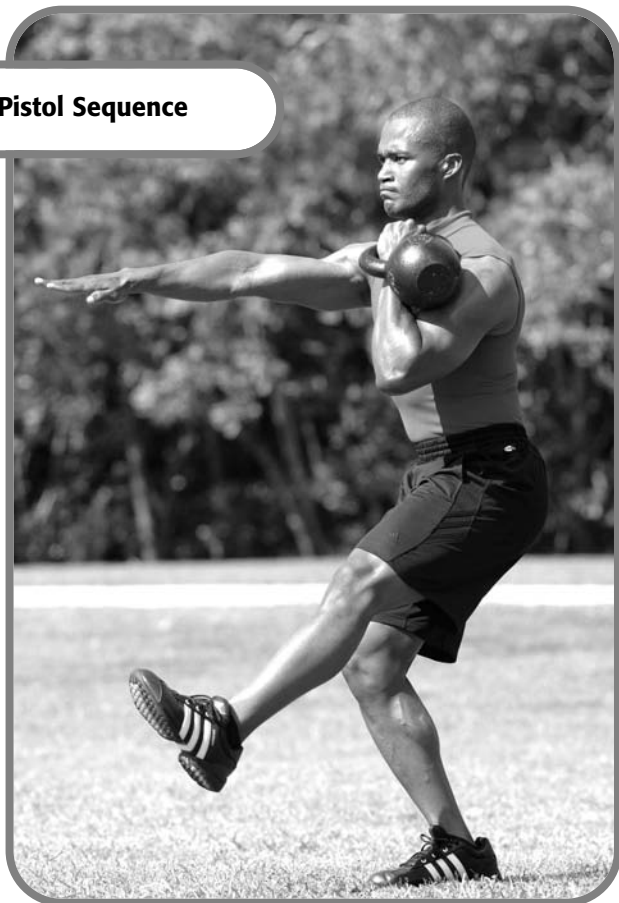
Many of the drills in your Hardstyle Golf Conditioning program are very technical and this is no accident. The hard facts about health, strength, and fitness are:

1. If you want to stay healthy you must stay strong.
2. If you want to improve your body you must get stronger.
3. Like golf, strength is a skill that can be taught to anyone willing to learn it.
4. Also like golf, success in kettlebell lifting is in mastering the fine points.
5. Your work ethic and God given ability will determine how far you will go.

**WARNING!** The exercises seen on these next four pages are not a part of your Hard Style Golf Conditioning Program. They intend to show you some of the possibilities that are available to you with kettlebell lifting and your own level of strength and fitness. For more information about these advanced exercises, refer to the resources on [www.hardstylegolf.com](http://www.hardstylegolf.com).

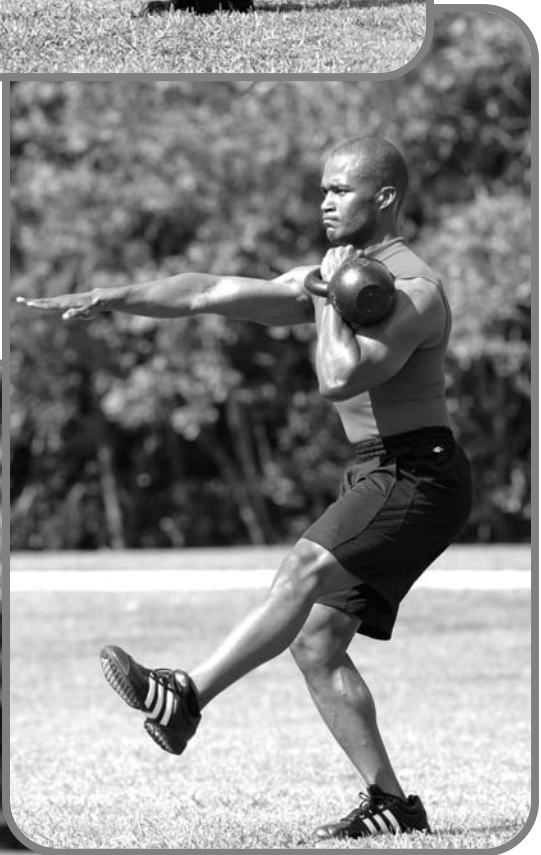
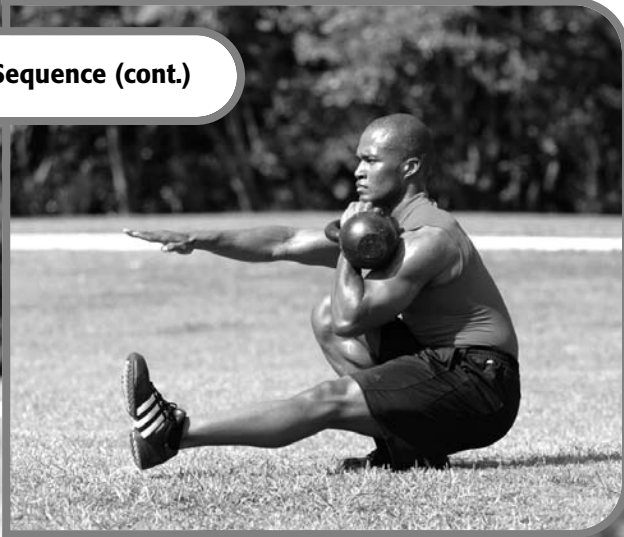
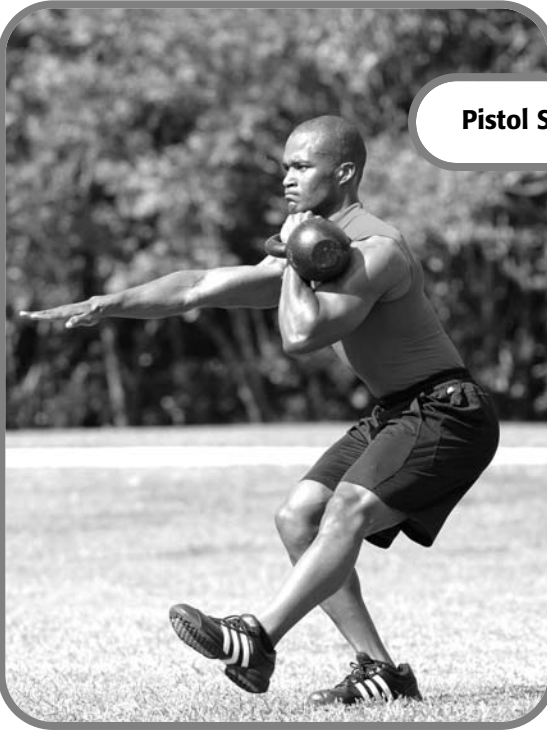


Pistol Sequence





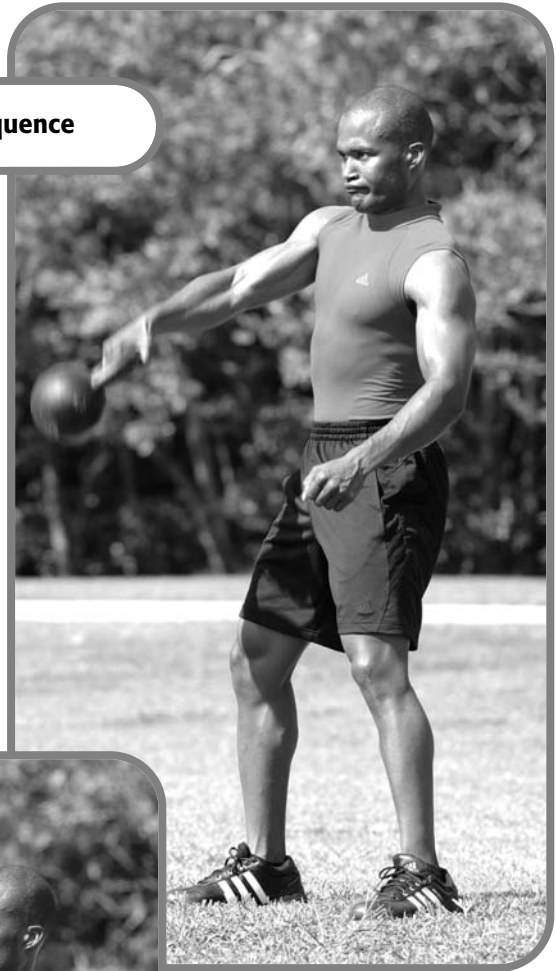
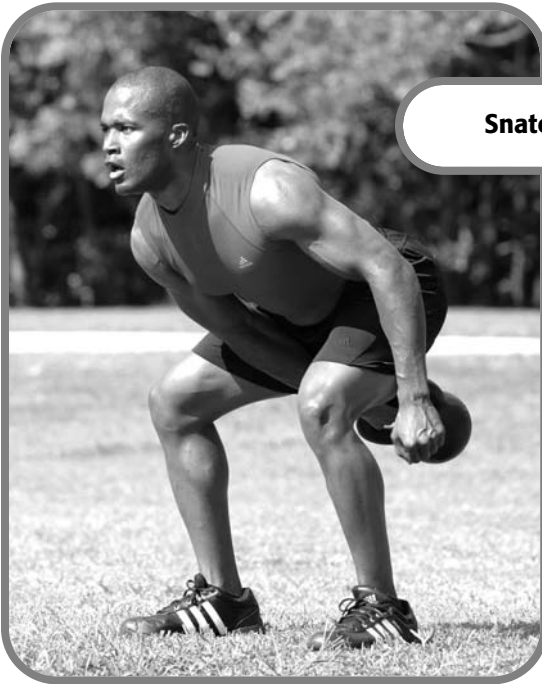
**Pistol Sequence (cont.)**





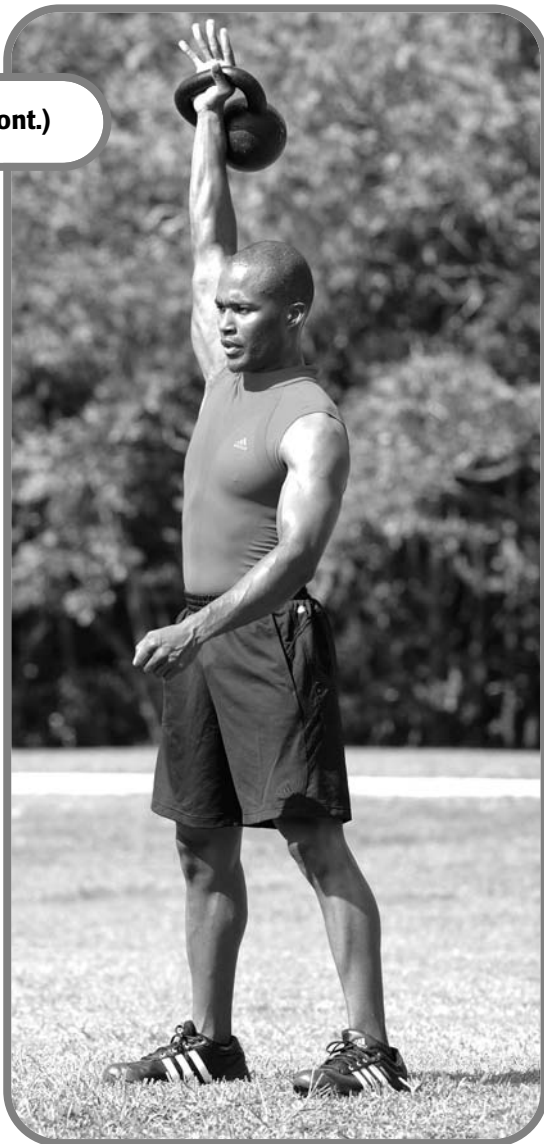
**PHASE IV. STRENGTH DRILLS**

**Snatch Sequence**





**Snatch Sequence (cont.)**



## **9. Windmill**

Target area: Shoulder girdle, rotator cuff, trunk rotators & side flexors, buttocks and hamstrings.

Benefits: 3 dimensional strength, flexibility, body awareness in the hips, spine, torso, and shoulders.

If you have done your homework with the windmill stretch, the good morning stretch, and cigarette butt stretch, the kettlebell windmill will not feel new to you.

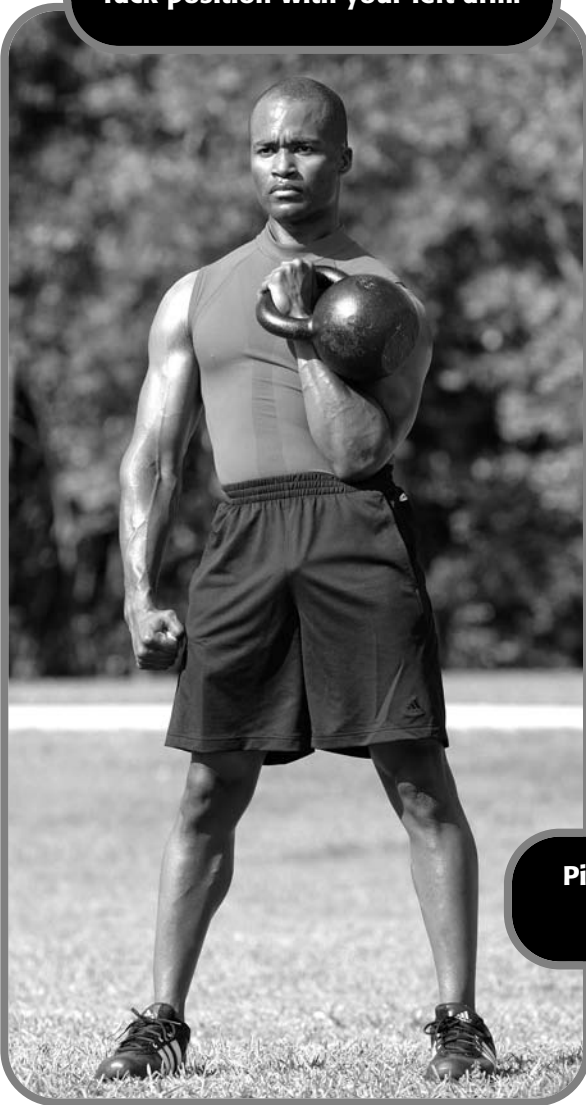
### **Instructions**

- Bring the kettlebell to the rack position with your left arm.
- Pivot both of your toes about 45 degrees to the right.
- Military press the kettlebell to the overhead lockout position.
- Look up at your kettlebell, kick your hip out to the left and bend forward by folding from the hip as in the windmill stretch.
- The left leg is relatively straight and the right (front) leg is bent. Keep most of your weight on your left leg.
- Keep your elbow straight and armpit tight as you bend forward.
- Go down as far as you can, hold for a second, squeeze your buttocks, and then stand back up. As Pavel says in his Russian Kettlebell Challenge video; squeezing your buttocks is your ticket to the safe execution of the windmill. The action of the buttocks is the same as in the one-legged deadlift.
- When standing up, move along the same plane as going down. Do not twist and do not rush the movement. Patience is definitely a virtue with this exercise.

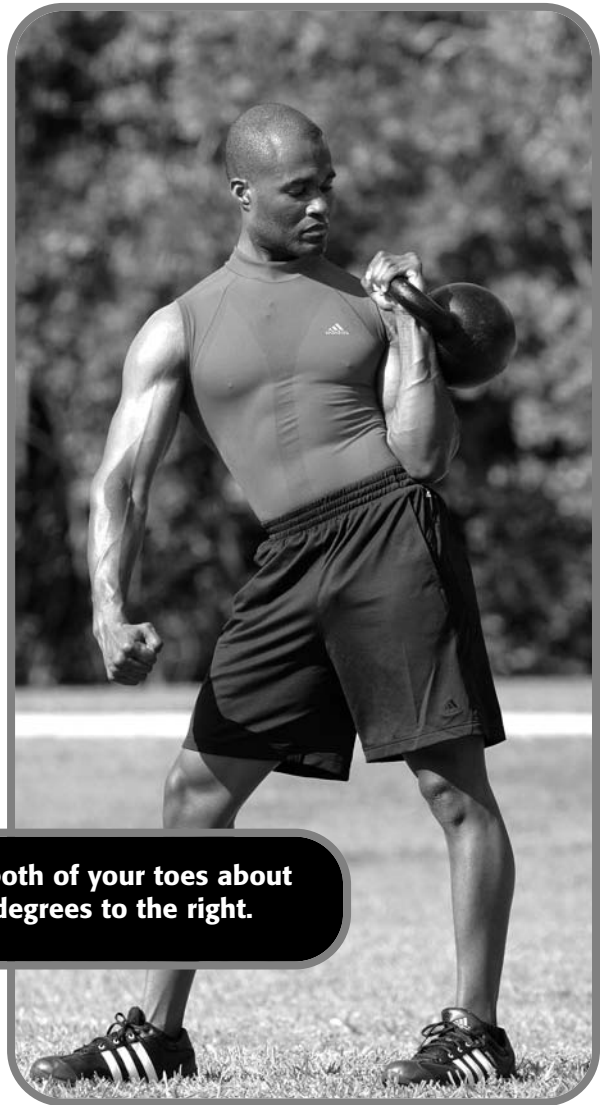


**HARDSTYLE GOLF CONDITIONING**

**Bring the kettlebell to the rack position with your left arm.**



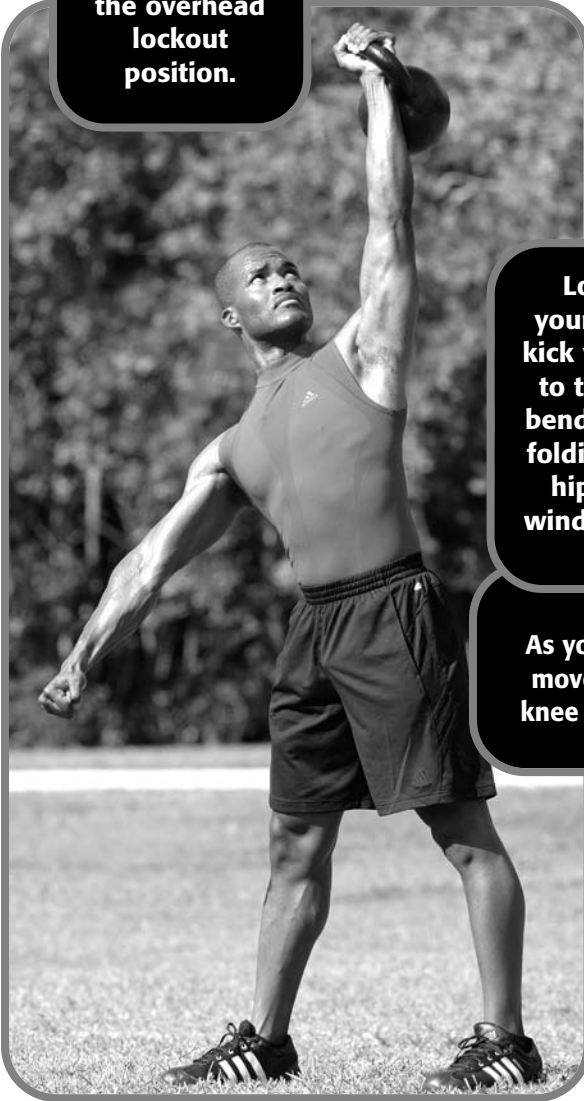
**Pivot both of your toes about 45 degrees to the right.**





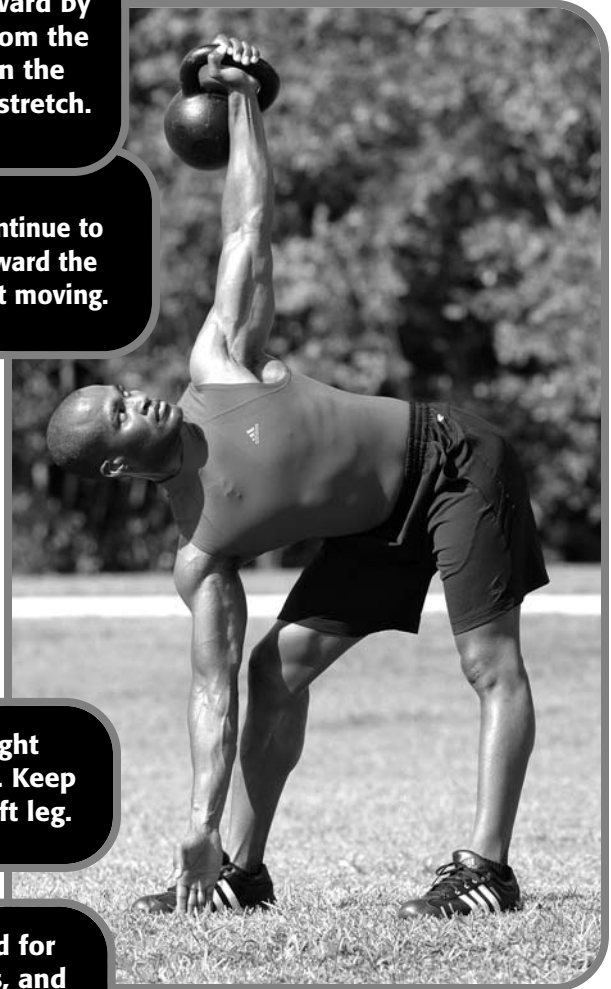
**PHASE IV. STRENGTH DRILLS**

**Military press the kettlebell to the overhead lockout position.**



**Look up at your kettlebell, kick your hip out to the left and bend forward by folding from the hip as in the windmill stretch.**

**As you continue to move forward the knee is not moving.**



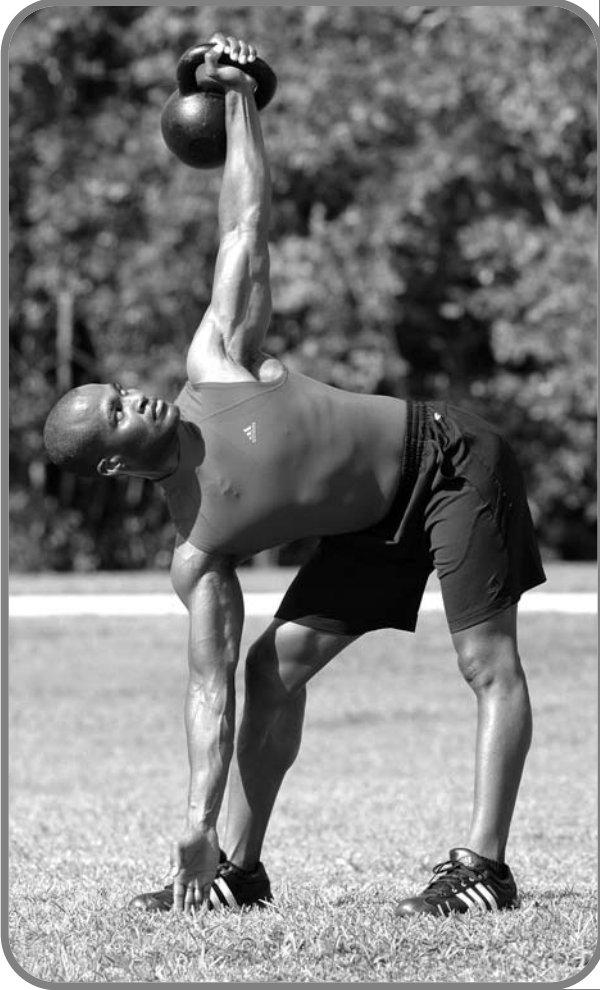
**The left leg is relatively straight and the right (front) leg is bent. Keep most of your weight on your left leg.**

**Go down as far as you can, hold for a second, squeeze your buttocks, and then stand back up.**

**HARDSTYLE GOLF CONDITIONING**

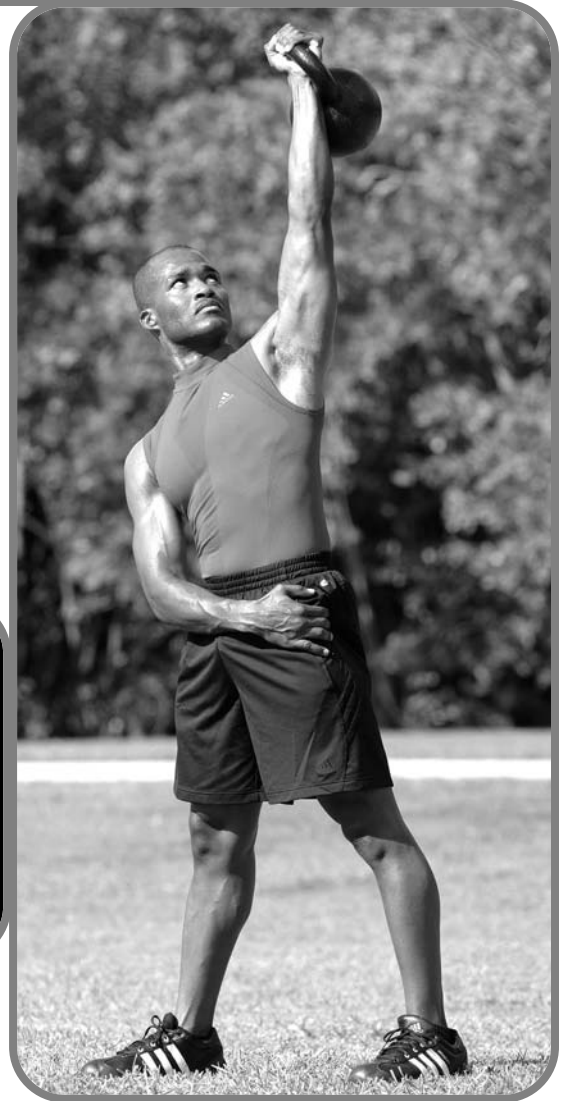
As Pavel says in his Russian Kettlebell Challenge video, squeezing your buttocks is your ticket to the safe execution of the windmill.

You can pull on your hip to cue yourself to tighten the buttocks.



When standing up, move along the same plane as going down.

Do not twist and do not rush the movement. Patience is definitely a virtue with this exercise.

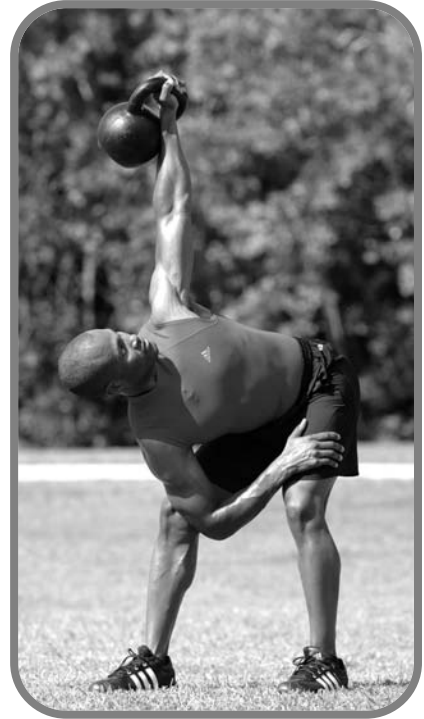


## 10. The Bent Press

Target area: Shoulder girdle, rotator cuff, trunk rotators & side flexors, hamstrings.

Benefits: 3 dimensional strength, flexibility, body awareness in the hips, spine, torso, and shoulders.

The bent press exercise is one of the most technically demanding kettlebell exercises and is one of my favorites. If there was one exercise that could be the symbol for what kettlebell lifting stands for it is the bent press. Rich in tradition, the bent press was made popular by Eugene Sandow who is considered by many to be one of the best built men ever (Tsatsouline). It requires that you master all of the skills learned in the military press and windmill. In return you will reap the rewards of increased strength, flexibility, coordination and total body awareness. This movement sequence has a huge carryover to golf performance. Paul Chek describes a big bang exercise as any movement that can train various physical abilities and movement planes at one time. The Bent press is truly a “big bang” exercise.

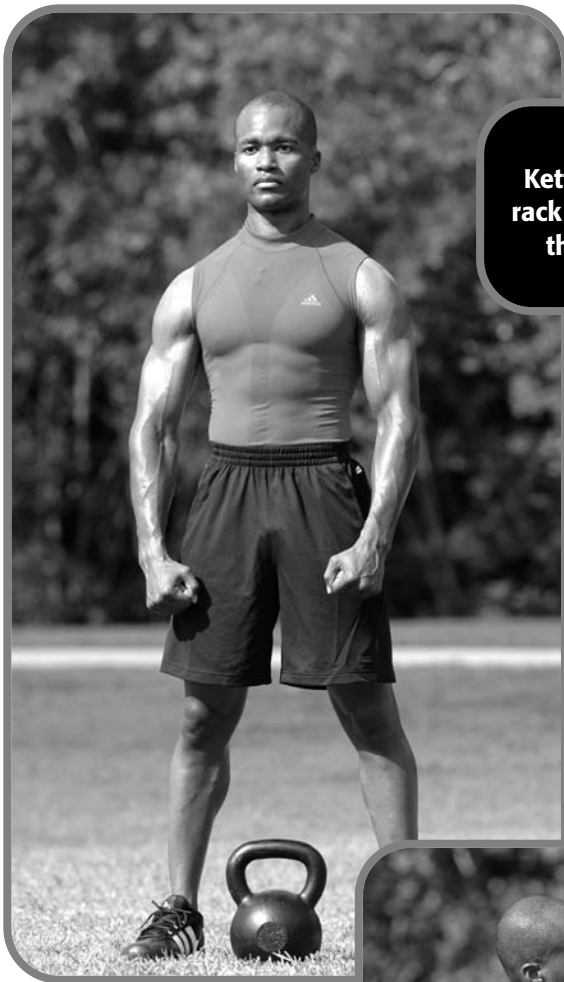


### **Instructions**

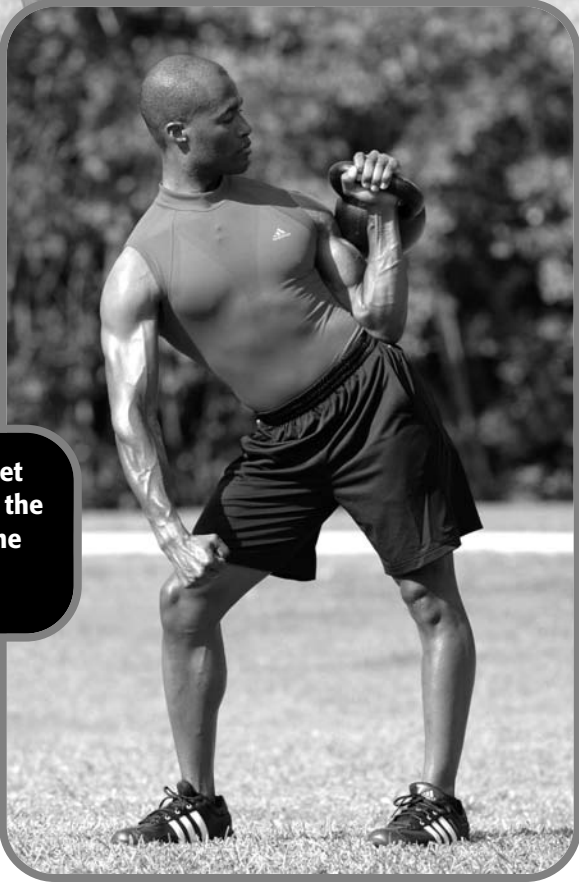
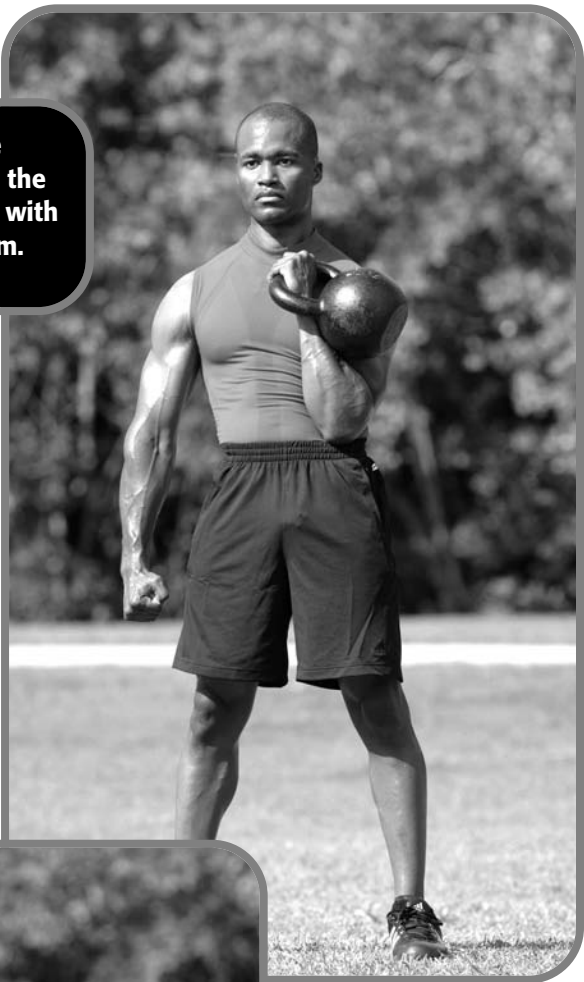
- Hold the Kettlebell in the rack position with the left arm.
- Turn both feet 45 degrees to the right as in the windmill.
- Bend forward by folding from the hips and kicking your hip out to the left.
- As you are bending forward your left arm is rolling the kettlebell on to your hip. Keep your forearm vertical as you roll the kettlebell out to the side.
- Start the press by contracting your armpit and ducking under your arm. Keep ducking under your arm until your arm starts to straighten automatically. Think of pushing your shoulder down towards your hip and corkscrewing your entire arm so that the kettlebell is in line with the side of your shoulder. You may need to bend both of your knees slightly depending on how flexible you are or how you are built. This technique is acceptable. Just make sure about 70% of your weight stays on your back (left) foot.
- Start straightening your elbow as you reach the bottom or fully bent position.
- At the bottom position keep your elbow locked, your eye on your kettlebell, and armpit contracted.
- From this bend and twist position, return to the top position by standing up slowly with your arm overhead as you would in a windmill.
- Like the windmill, remember to squeeze your buttocks as you come back up. This will create a crank like affect on your body and protect your back.
- Lower your kettlebell back to your hip by actively pulling your arm down just like in the military press.
- Gather yourself and go for another rep or change sides.



**HARDSTYLE GOLF CONDITIONING**



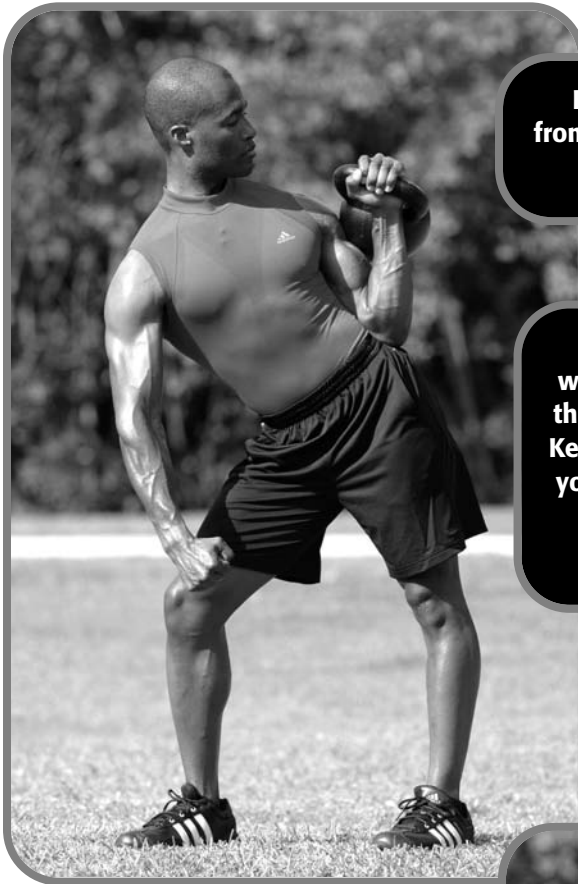
**Hold the Kettlebell in the rack position with the left arm.**



**Turn both feet 45 degrees to the right as in the windmill.**



**PHASE IV. STRENGTH DRILLS**



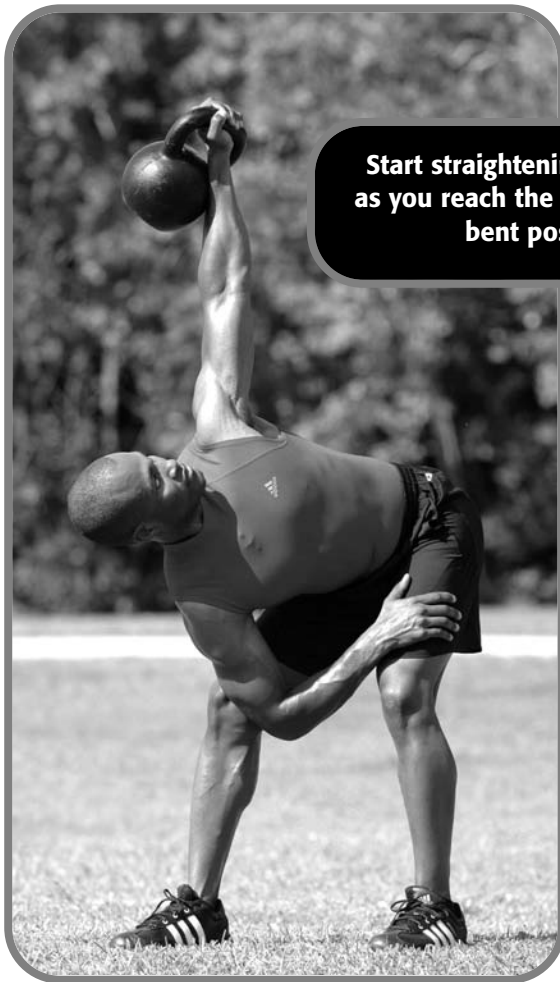
**Bend forward by folding from the hips and kicking your hip out to the left.**

**As you are bending forward your left arm is rolling the kettlebell on to your hip. Keep your forearm vertical as you roll the kettlebell out to the side.**



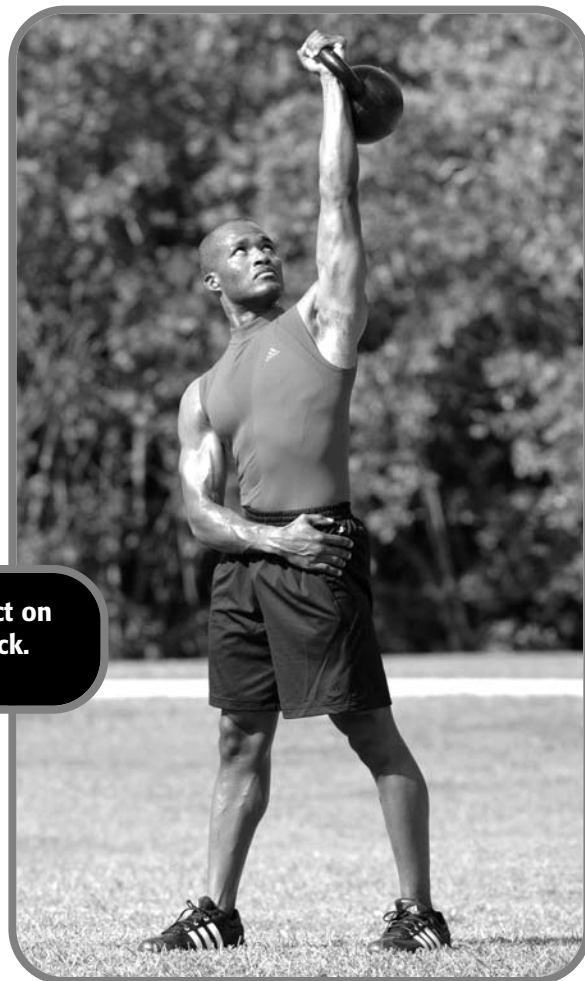
**Just make sure about 70% of your weight stays on your back (left) foot.**

**Start the press by contracting your armpit and ducking under your arm.**



**Start straightening your elbow as you reach the bottom or fully bent position.**

**Like the windmill, remember to squeeze your buttocks as you come back up.**



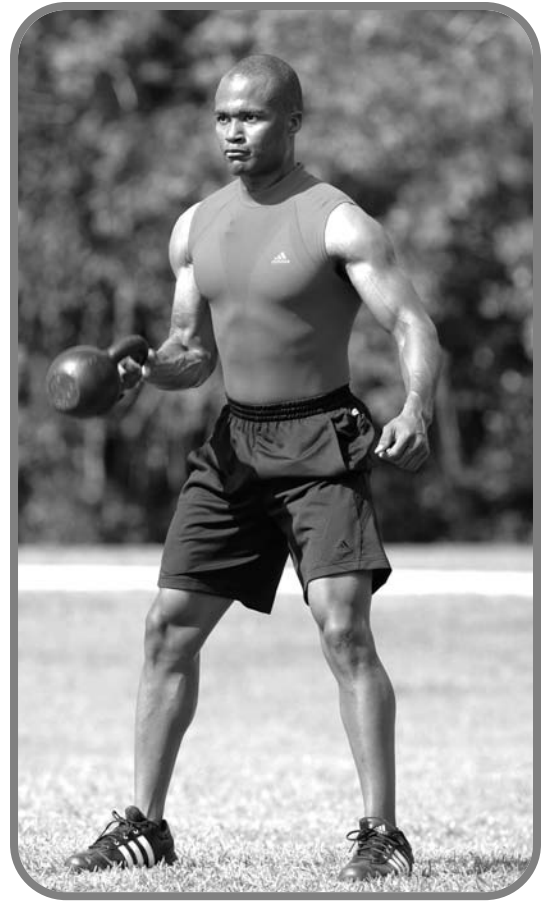
**This will create a crank like affect on your body and protect your back.**

## Power Exercise #3: The Clean

The kettlebell clean can be considered a progression of the swing and the gateway to many other kettlebell exercises. It is the safe and efficient way of getting the kettlebell to shoulder level in preparation for the military press, windmill, bent press, and all of the other overhead kettlebell drills.

### **Instructions, 2-Hand Clean:**

- Assume the position of the kettlebell swing.
- Place your right hand with knuckles forward and your left hand behind it with the palm forward.
- Fold through the hips on the backswing and snap the hips through.
- Keep your upper arm close to your body and quickly sneak your elbow under the kettlebell.
- Bend your knees at the impact point. This is when the kettlebell hits the back of your wrist. The goal is to absorb the shock with your knees and body.
- The act of absorbing the shock will be the key to a safe kettlebell clean. Pavel Tsatsouline likens absorbing the shock to catching a water balloon without allowing it to burst. This is exactly what needs to be done to absorb the shock of the clean. If you are a beginner I recommend practicing the clean with a long sleeve shirt or sweat top. Keep your repetitions low and focus on quality of movement.
- One common flaw is over swinging the kettlebell during the clean. This happens because you are using too much power from your hip snap that you learned in the kettlebell swing. To fix this, simply reduce the power of your hip snap while focusing on catching the kettlebell with your body. When lowering the kettlebell back down, simply "dump" it through the legs. Do not lower the weight with your biceps like you are doing the lowering phase of a dumbbell curl.

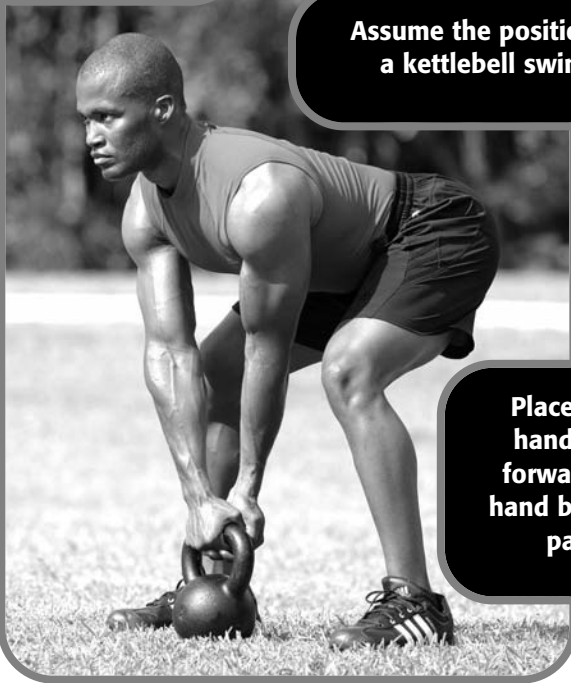


### **Instructions, 1-Hand Clean:**

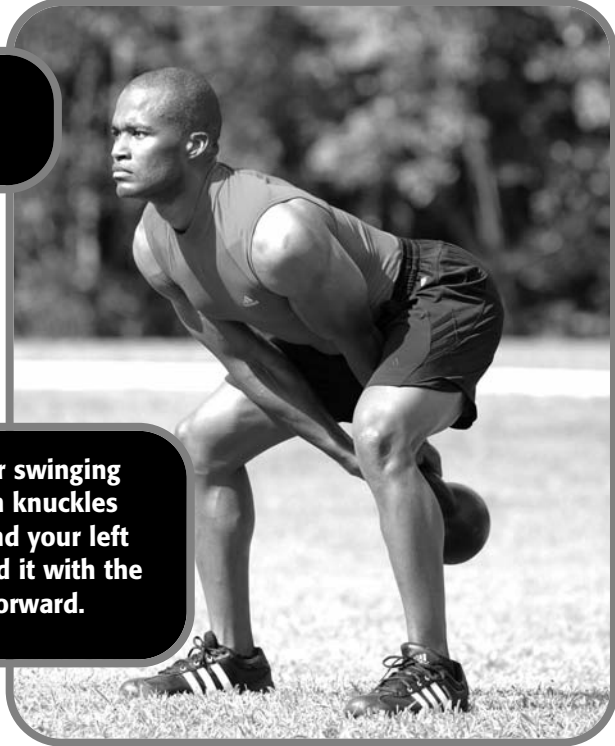
- Once you have the 2 arm clean mastered, you can progress to the one hand clean.

**2-Hand Clean**

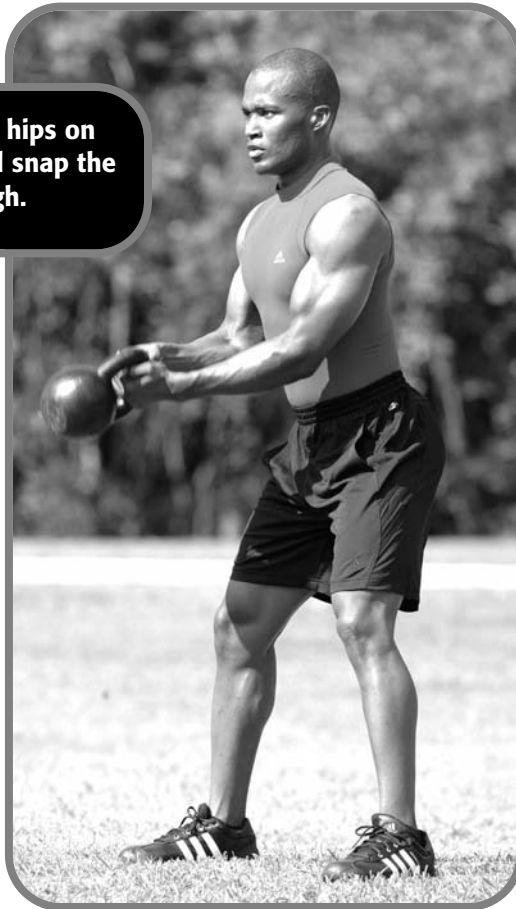
**Assume the position of a kettlebell swing.**



**Place your swinging hand with knuckles forward and your left hand behind it with the palm forward.**



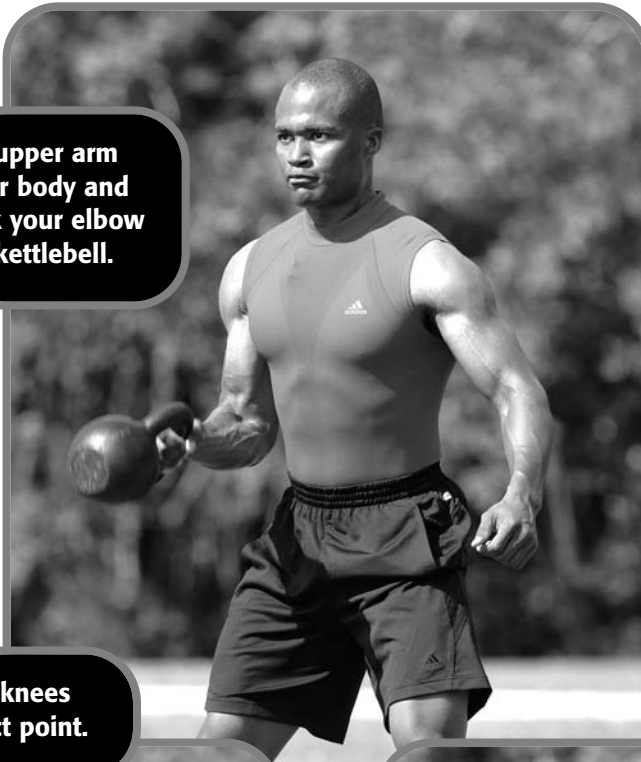
**Fold through the hips on the backswing and snap the hips through.**



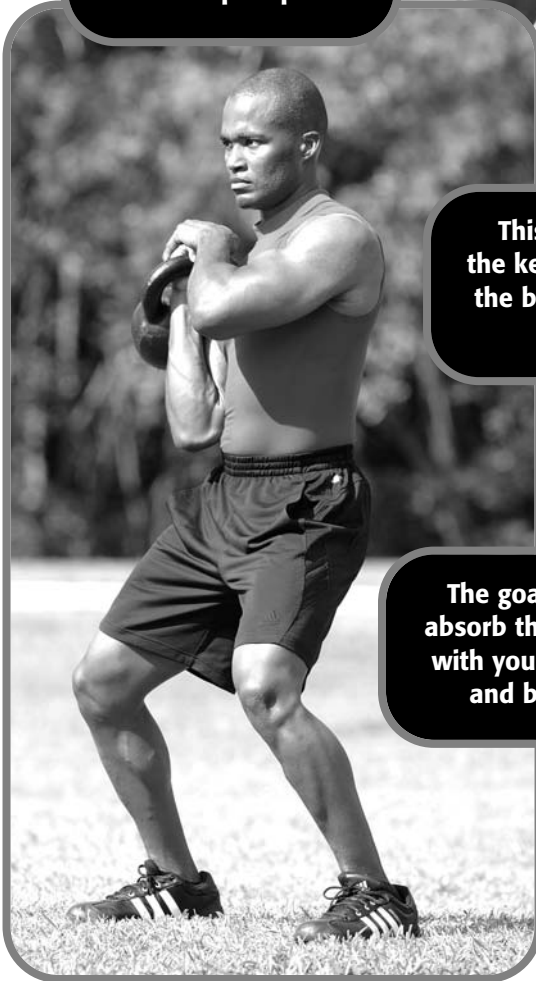


**PHASE IV. STRENGTH DRILLS**

**Keep your upper arm close to your body and quickly sneak your elbow under the kettlebell.**



**Bend your knees at the impact point.**

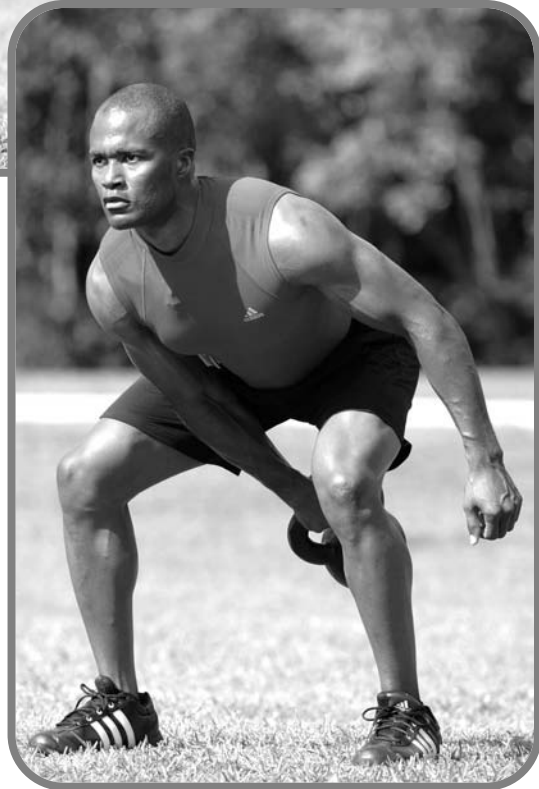
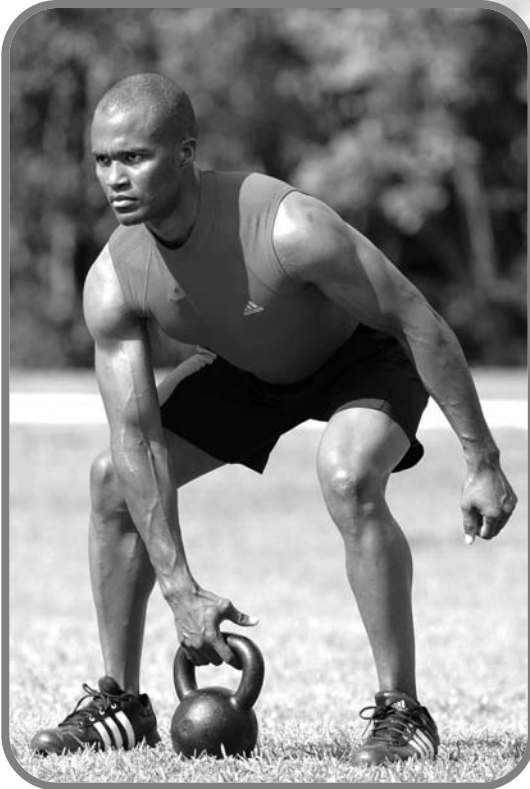
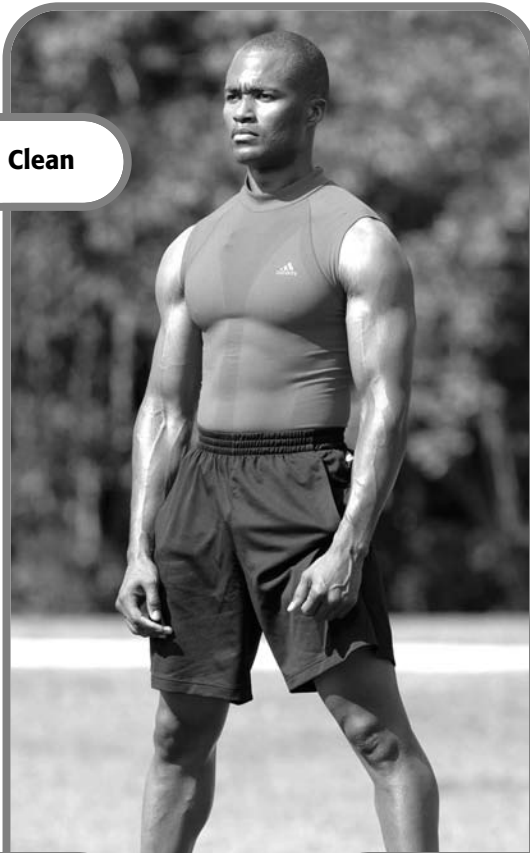


**This is when the kettlebell hits the back of your wrist.**



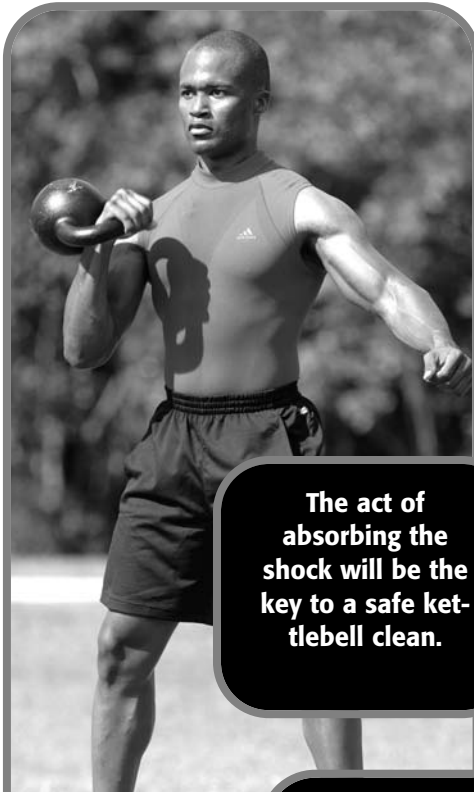
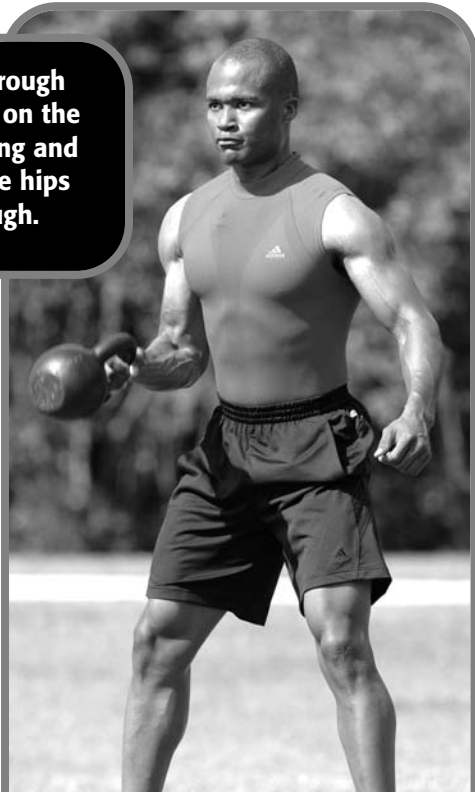
**The goal is to absorb the shock with your knees and body.**

**1-Hand Clean**

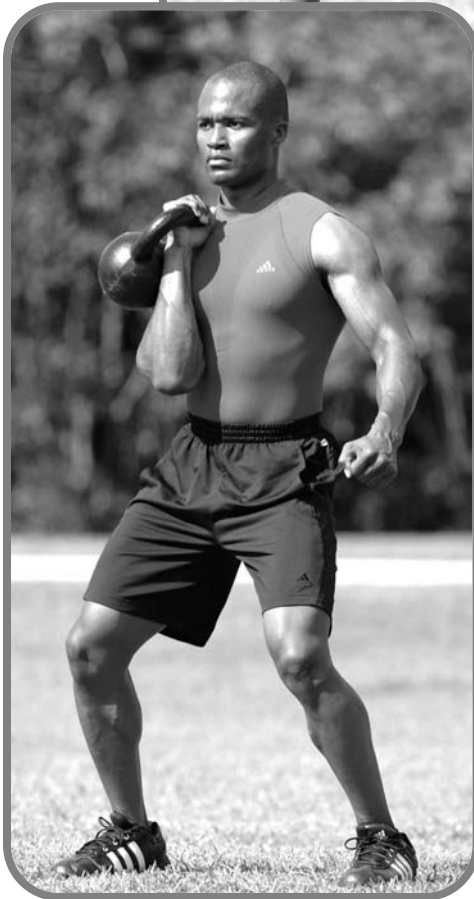


**PHASE IV. STRENGTH DRILLS**

**Fold through the hips on the backswing and snap the hips through.**

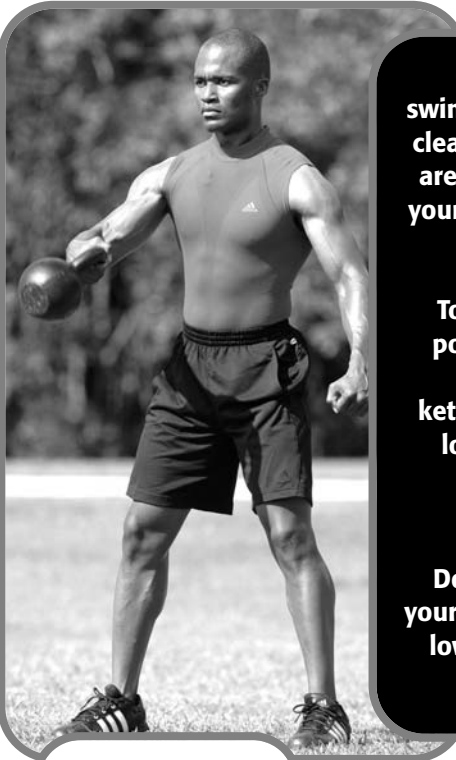


**The act of absorbing the shock will be the key to a safe kettlebell clean.**



**Pavel Tsatsouline likens absorbing the shock to catching a water balloon without allowing it to burst.**





**1 hand dump**

One common flaw is over swinging the kettlebell during the clean. This happens because you are using too much power from your hip snap that you learned in the kettlebell swing.

To fix this, simply reduce the power of your hip snap while focusing on catching the kettlebell with your body. When lowering the kettlebell back down, simply "dump" it through the legs.

Do not lower the weight with your biceps like you are doing the lowering phase of a dumbbell curl.



**2 hand dump**



**INCORRECT FORM!**

if your finish looks like this you will have **BIG** problems.

**DO NOT LEAN BACK!**



# Hard Style Golf Conditioning: Strength Phase Program: Week 1



## Week 1

1. Windmill: 2 sets x 3 reps  
Under the leg pass: 2 sets x 10 total (change directions at 5)  
Swings: 2 sets x 10 reps
2. One-legged deadlift: 2 sets x 3 reps  
Military Press: 2 sets x 3 reps  
Clean: 2 sets x 5 reps
3. Windmill: 2 sets x 3 reps  
Under the leg pass: 2 sets x 10 reps total (change directions at 5)  
2-arm swing: 2 sets x 10 reps
4. One-legged deadlift: 2 sets x 3 reps  
Military Press: 2 sets x 3 reps  
Clean: 2 sets x 5 reps
5. Windmill: 2 sets x 3 reps  
Under the leg pass: 2 sets x 10 reps total (change directions at 5)  
2 arm swing: 2 sets x 10 reps
6. One-legged deadlift: 2 sets x 3 reps  
Military press: 2 sets x 3 reps  
Clean: 2 sets x 5 reps
7. Stretching and REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Under the leg pass, swings, rest for 2 to 3 minutes then repeat the cycle.

# Hard Style Golf Conditioning: Strength Phase Program: Week 2



## Week 2

1. Windmill: 3 sets x 3 reps  
Under the leg pass: 3 sets x 10 reps total (change directions at 5)  
2 arm swing: 3 sets x 10 reps
2. One legged deadlift: 3 sets x 3 reps  
Military Press: 3 sets x 3 reps  
Clean: 3 sets x 5 reps
3. Windmill: 3 sets x 3 reps  
Under the leg pass: 3 sets x 10 reps total (change directions at 5)  
2 arm swing: 3 sets x 10 reps
4. One legged deadlift: 3 sets x 3 reps  
Military Press: 3 sets x 3 reps  
Clean: 3 sets x 5 reps
5. Windmill: 3 sets x 3 reps  
Under the leg pass: 3 sets x 10 reps total (change directions at 5)  
2 arm swing: 3 sets x 10 reps
6. One legged deadlift: 3 sets x 3 reps  
Military press: 3 sets x 3 reps  
Clean: 3 sets x 5 reps
7. Stretching and REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Under the leg pass, swings, rest for 2 to 3 minutes then repeat the cycle.

# Hard Style Golf Conditioning: Strength Phase Program: Week 3

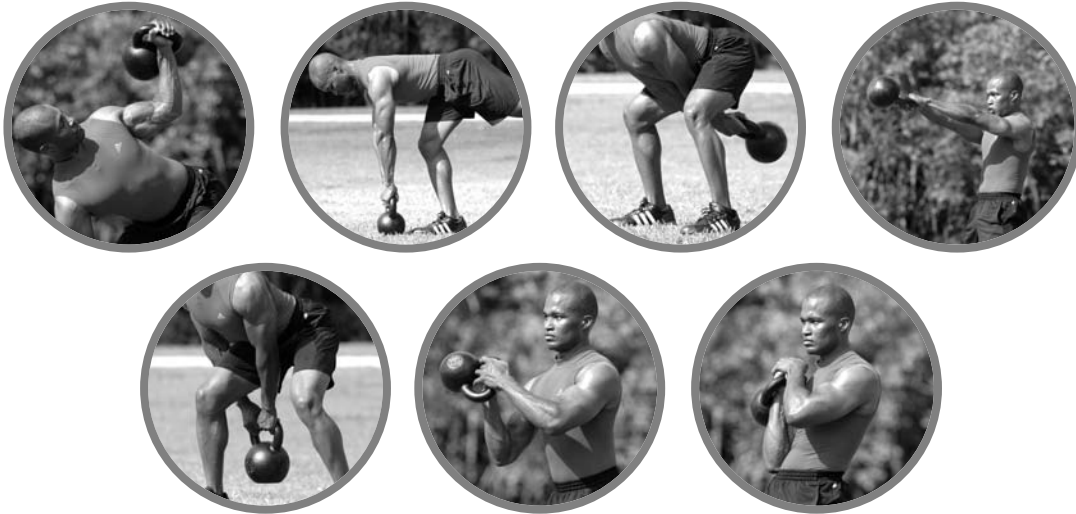


## Week 3

1. Windmill: 4 sets x 3 reps  
Under the leg pass: 4 sets x 10 reps total (change directions at 5)  
2-arm swing: 4 sets x 10 reps
2. One-legged deadlift: 4 sets x 3 reps  
Military Press: 4 sets x 3 reps  
Clean: 4 sets x 5 reps
3. Windmill: 4 sets x 3 reps  
Under the leg pass: 4 sets x 10 reps total (change directions at 5)  
2-arm swing: 4 sets x 10 reps
4. One-legged deadlift: 4 sets x 3 reps  
Military Press: 4 sets x 3 reps  
Clean: 4 sets x 5 reps
5. Windmill: 4 sets x 3 reps  
Under the leg pass: 4 sets x 10 reps total (change directions at 5)  
2-arm swing: 4 sets x 10 reps
6. One-legged deadlift: 4 sets x 3 reps  
Military press: 4 sets x 3 reps  
Clean: 4 sets x 5 reps
7. Stretching and REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Under the leg pass, swings, rest for 2 to 3 minutes then repeat the cycle.

# Hard Style Golf Conditioning: Strength Phase Program: Week 4



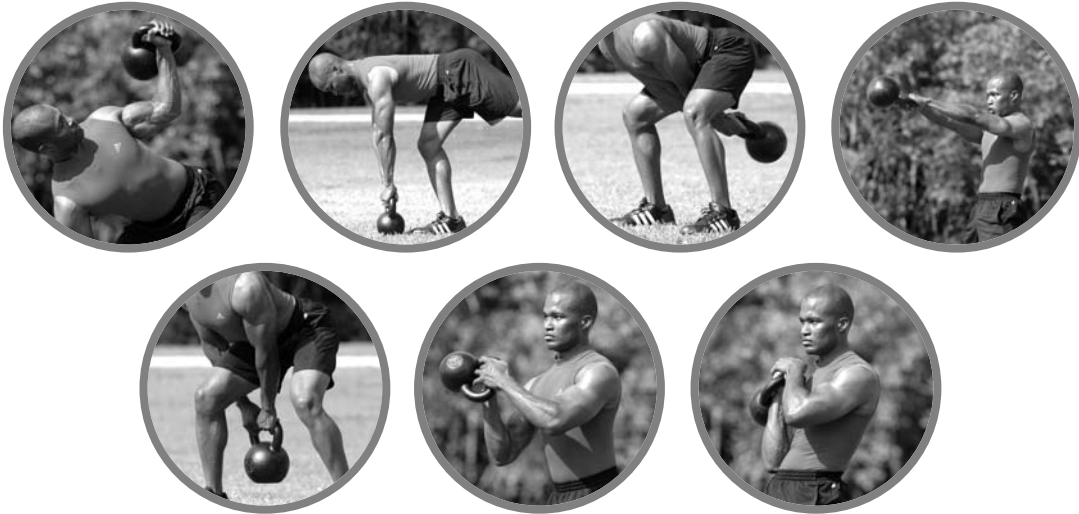
## Week 4

1. Bent Press: 3 sets x 3 reps  
One-legged deadlift: 2 sets X 2 reps|  
One arm Swing (chest high): 2 sets x 6 reps per arm
2. Bent Press: 3 sets x 1 rep  
Under the leg pass: 2 sets x 8 reps (change directions at 4)  
2-hand clean: 2 sets x 4 reps per side
3. Bent Press: 3 sets x 3 reps  
One-legged deadlift: 2 sets x 2 reps  
One-arm swing (chest high): 2 sets x 6 reps per arm
4. Bent Press: 3 sets x 1 rep  
Under the leg pass: 2 sets x 8 reps (change directions at 4)  
2-hand clean: 2 sets x 4 reps per side
5. Bent Press: 3 sets x 3 reps  
One-legged deadlift: 2 sets x 2 reps  
One-arm swing (chest high): 2 sets x 6 reps per arm
6. Bent Press: 3 sets x 1 rep  
Under the leg pass: 2 sets x 8 reps (change directions at 4)|  
2-hand clean: 2 sets x 4 reps per side
7. Stretching/Mobility and or/REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Bent Press, One-legged deadlift, one-arm swing, rest for 2 to 3 minutes then repeat the cycle.



# Hard Style Golf Conditioning: Strength Phase Program: Week 5

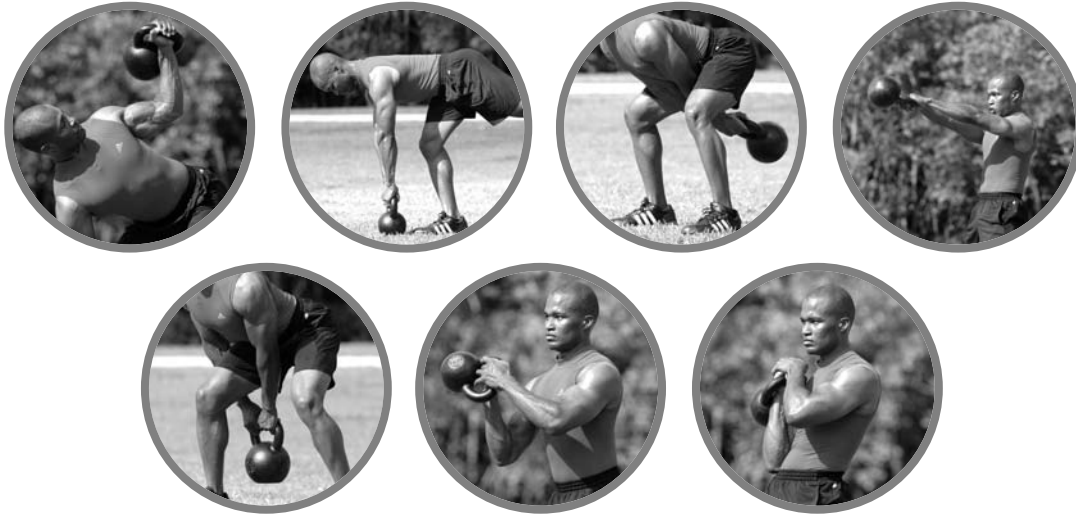


## Week 5

1. Bent Press: 4 sets x 3 reps  
One-legged deadlift: 3 sets X 3 reps  
One-arm swing (chest high): 3 sets x 6 reps per arm
2. Bent Press: 2 sets x 2 rep  
Under the leg pass: 3 sets x 8 rep (change directions at 4)  
2-arm clean: 3 sets x 4 reps per side
3. Bent Press: 4 sets x 3 reps  
One-legged deadlift: 3 sets x 2 reps  
One-arm swing (chest high): 3 sets x 6 reps per arm
4. Bent Press: 2 sets x 2 reps|  
Under the leg pass: 3 sets x 8 reps (change directions at 4)  
2-arm clean: 3 sets x 4 reps per side
5. Bent Press: 4 sets x 3 reps  
One-legged deadlift: 3 sets x 2 reps|  
One-arm swing (chest high): 3 sets x 6 reps per arm
6. Bent Press: 2 sets x 2 reps  
Under the leg pass: 3 sets x 8 reps (change directions at 4)  
2-arm clean: 3 sets x 4 reps per side
7. Stretching/Mobility and or/REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Bent Press, One-legged deadlift, one-arm swing, rest for 2 to 3 minutes then repeat the cycle.

# Hard Style Golf Conditioning: Strength Phase Program: Week 6



## Week 6 (Unloading)

1. Bent Press: 2 sets x 2 reps  
One-legged deadlift: 2 sets X 2 reps  
One-arm swing (chest high): 2 sets x 6 reps per arm
2. Bent Press: 2 sets x 1 rep  
Under the leg pass: 2 sets x 8 reps (change directions at 4)  
2-arm clean: 2 sets x 4 reps per side
3. Bent Press: 2 sets x 2 reps  
One-legged deadlift: 2 sets x 2 reps  
One-arm swing (chest high): 2 sets x 6 reps per arm
4. Bent Press: 2 sets x 1 reps  
Under the leg pass: 2 sets x 8 reps (change directions at 4)  
2-arm clean: 2 sets x 4 reps per side
5. Bent Press: 2 sets x 2 reps  
One-legged deadlift: 2 sets x 2 reps  
One-arm swing (chest high): 2 sets x 6 reps per arm
6. Bent Press: 2 sets x 1 reps  
Under the leg pass: 2 sets x 8 reps (change directions at 4)  
2-arm clean: 2 sets x 4 reps per side
7. Stretching/Mobility and or/REST!

All exercises are to be done in a slow superset type fashion. Take 30 to 45 seconds between exercises then take a 2 to 3 minute break after the last exercise. For example perform the Windmill, Bent Press, One-legged deadlift, one-arm swing, rest for 2 to 3 minutes then repeat the cycle.

## Why Am I doing the same exercises every day?



Your Hard Style Golf Conditioning schedule is designed to take advantage of two very effective strength training theories. They are greasing the groove (GTG) and synaptic facilitation. Pavel Tsatsouline explains greasing the groove in his book *The Naked Warrior* and synaptic facilitation in *From Russia with Tough Love*. Below is a brief explanation of each technique and how they will help improve your golf fitness.

Greasing the groove (GTG) suggests that by performing any given movement pattern repeatedly you will get stronger by virtue of movement familiarity. In other words you will become more efficient at the movement by repeating it often. Since strength is highly dependent on the ability of the brain and nervous system to activate the muscles, GTG speeds up this process dramatically by making the circuits or neuromuscular “grooves” more efficient.

Synaptic Facilitation is very similar to GTG with the emphasis on not training to exhaustion. By exposing your body to the same exercise in a low to medium dose (low sets and reps), you will get stronger quicker as opposed to training to exhaustion only a couple of times a week.

There are 3 very important advantages to using the GTG and synaptic facilitation techniques and they are;

1. Reduced risk of burnout because the training schedule allows you to stay fresh.
2. Increased training frequency. It is a general rule that the athlete that can train more frequently without burnout will be stronger.
3. You will get stronger quicker.

**HARDSTYLE GOLF CONDITIONING**

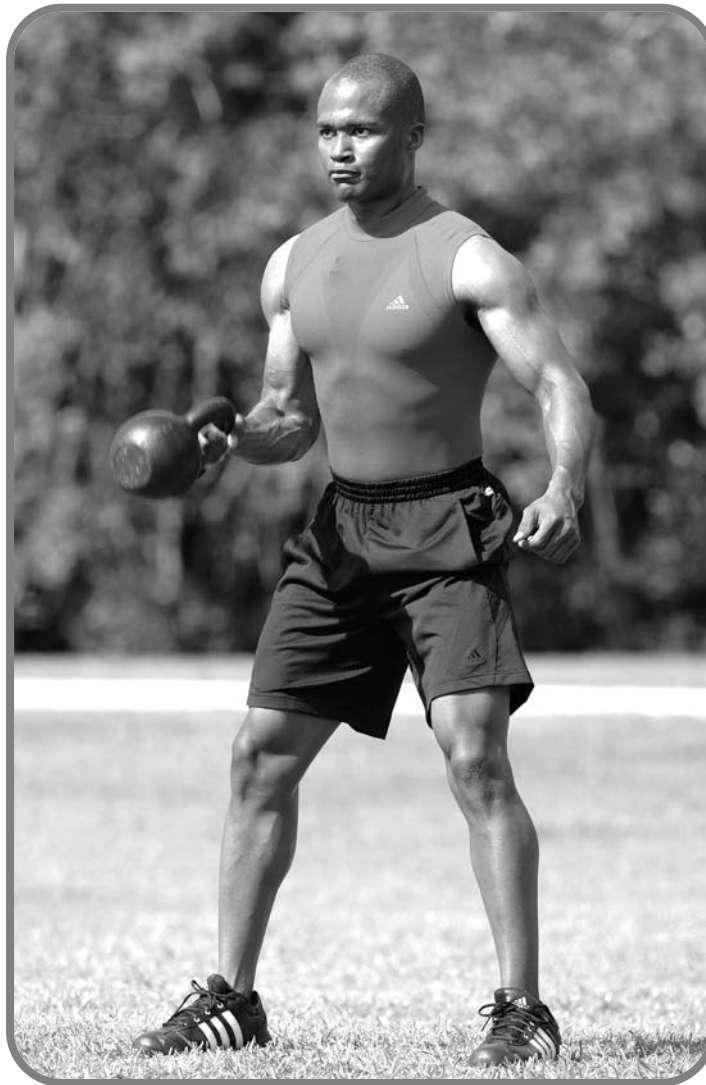




CHAPTER HEADING HERE

# **HARDSTYLE™** **GOLF**

## ***Phase V.*** ***Power Drills***



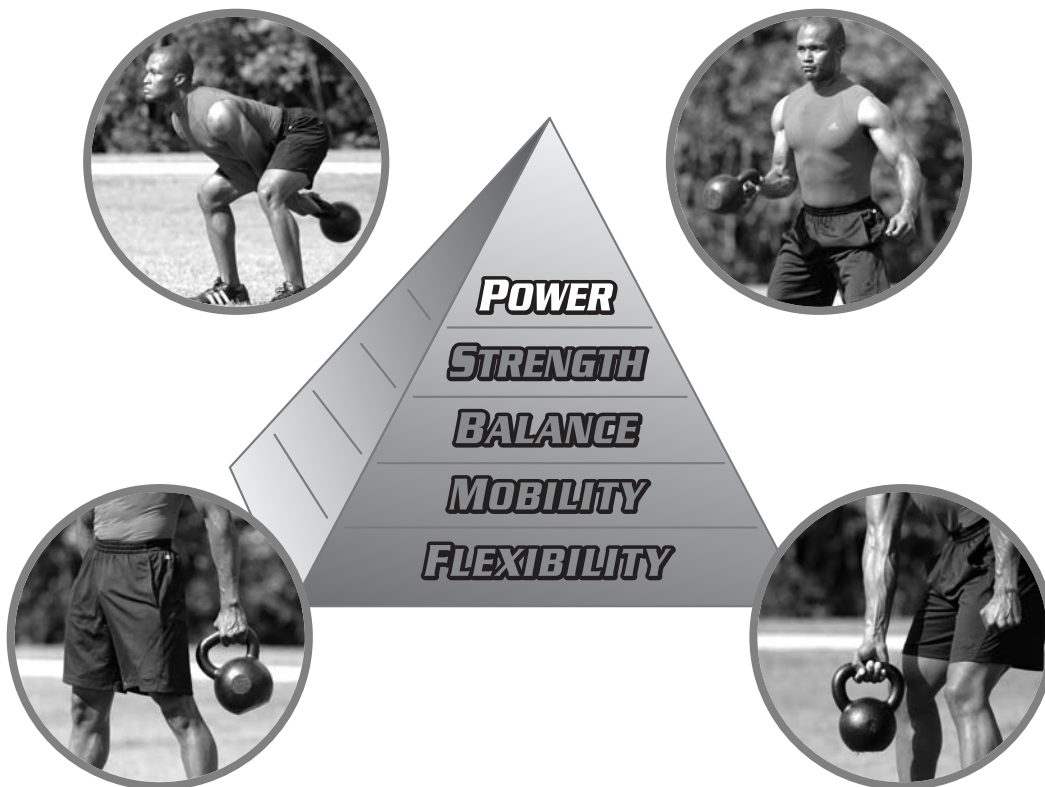
## ***The Top of the Pyramid***

You are now ready to progress into the final stage of your Hard Style Golf Conditioning program. The stretching, balance and strength exercises have been preparing your body to apply and absorb the forces that are created in the power phase of your HSG program. Abraham Lincoln said, "If I had 8 hours to chop down a tree, I'd spend 7 hours sharpening the axe". Now that your axe is sharpened, let's start hacking! I mean swinging.

All Power exercises are to be done on a shock absorbent surface such as grass, sand, or rubber. This is to protect you, your kettlebell and your floor. If you try these exercises indoors make sure anything of value to you is far away. Take it from me as I have already had to lay an innocent living room table to rest. As Jeff Martone, Senior RKC says "If you're gonna be stupid, you'd better be tough". I would also like to add wealthy.

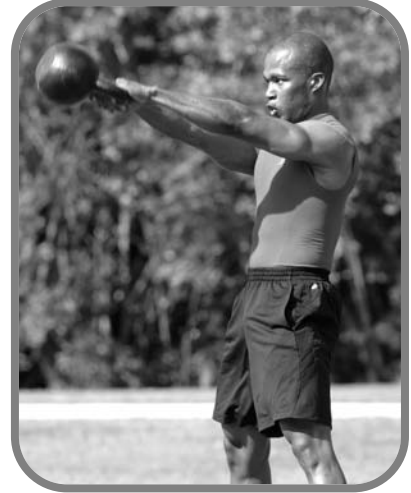
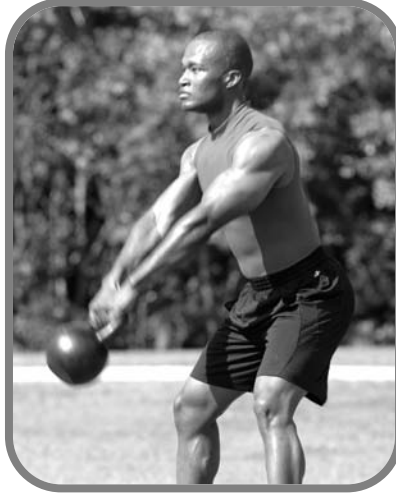
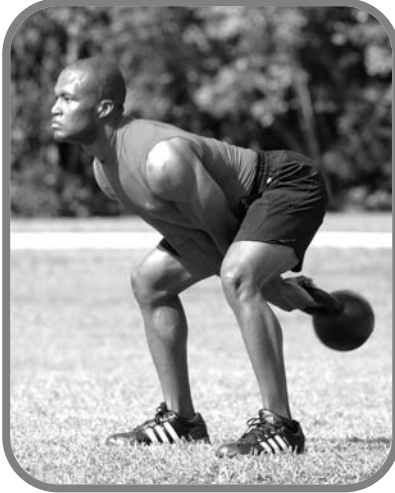
It is recommend that you perform your Hard Style Golf Conditioning exercises in bare feet or in flat soled shoes. Shoes with a soft cushion such as a running shoe must be avoided. They will disrupt your balance and your ability to generate power from your feet.

The following power phase of your Hard Style Golf Conditioning program is a consolidation of all of the previous power exercises.

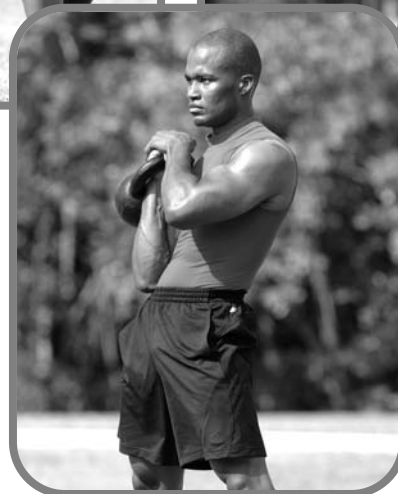
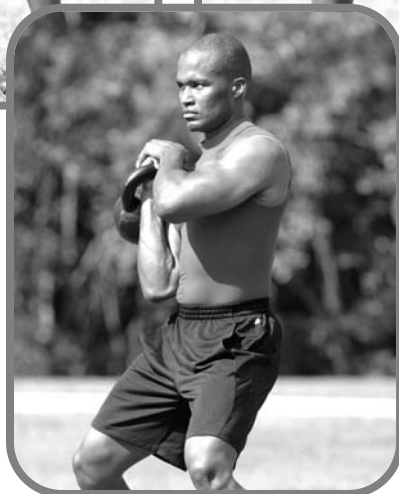
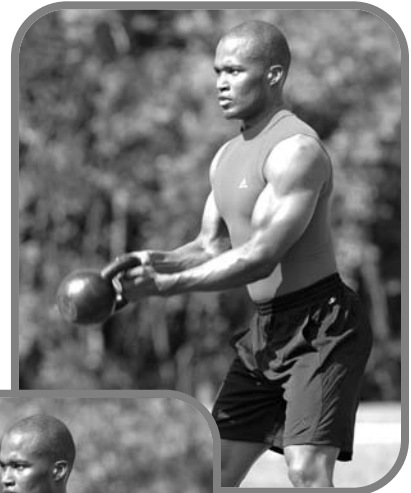
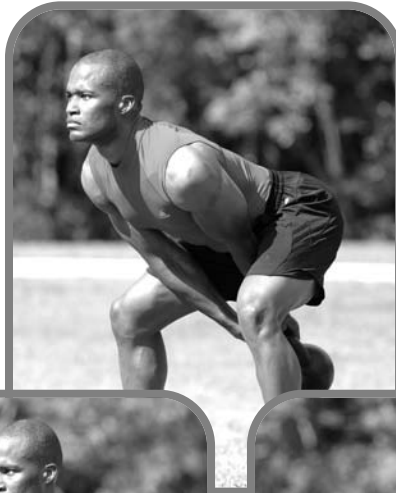
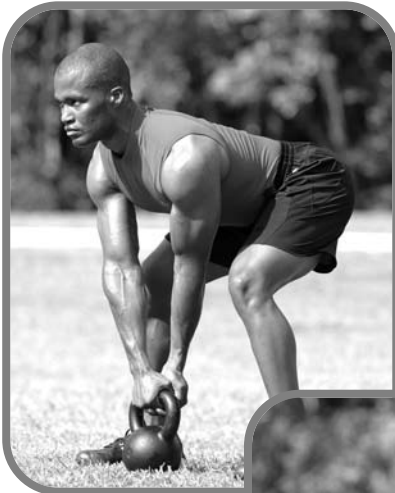


# Hard Style Golf Conditioning Power Drills

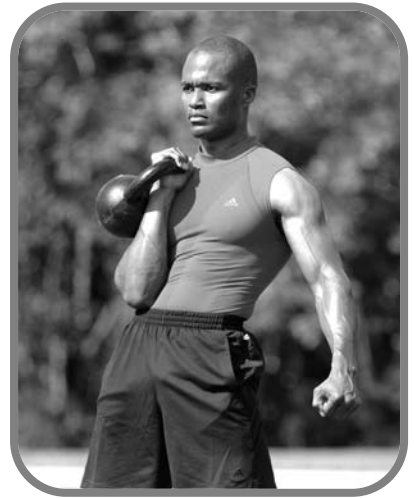
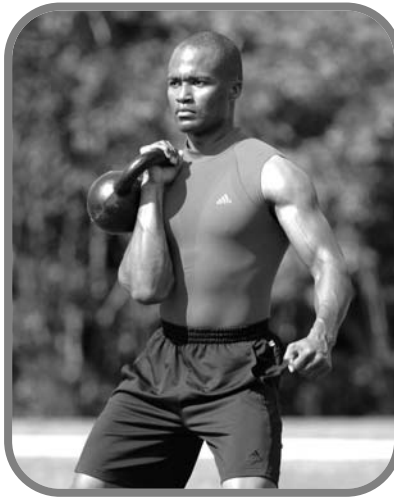
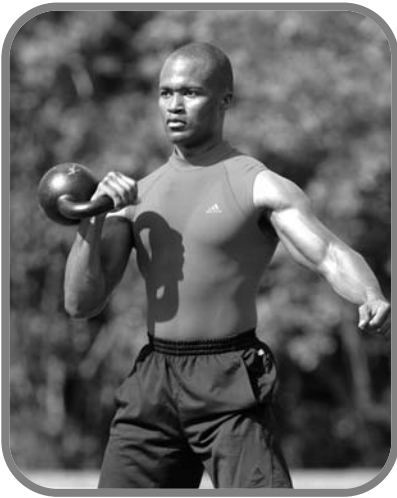
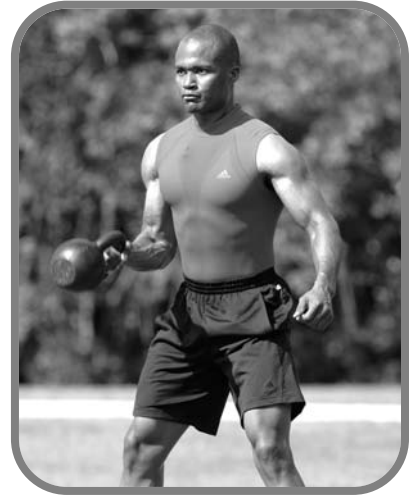
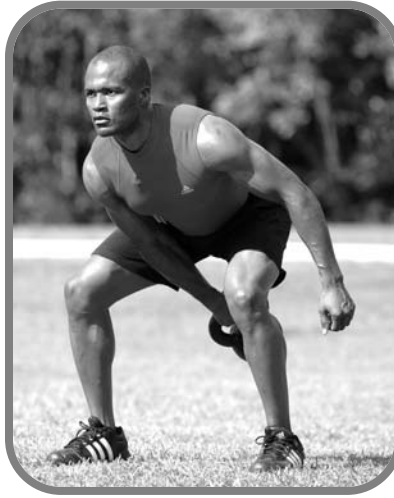
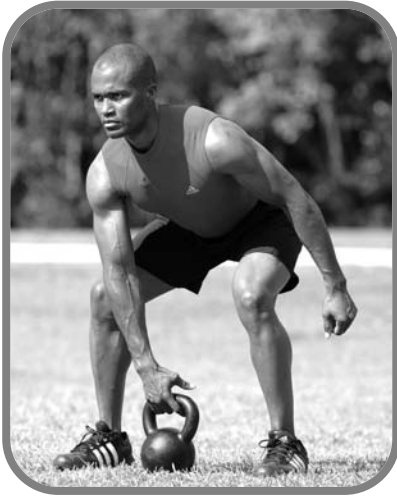
## 1. Kettlebell Swing



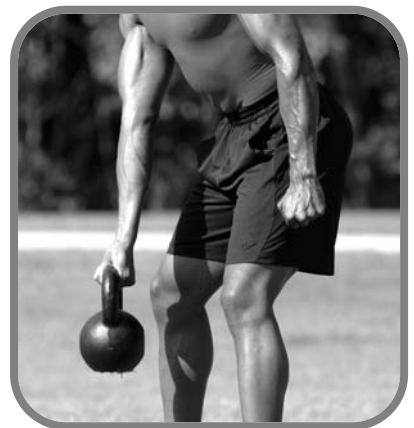
## 2a. Kettlebell Clean (2 Hand)



**2b. Kettlebell Clean (1 Hand)**

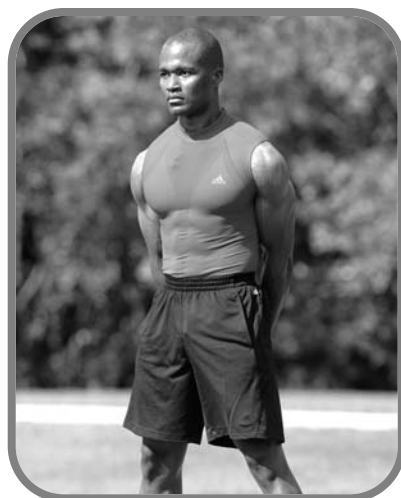
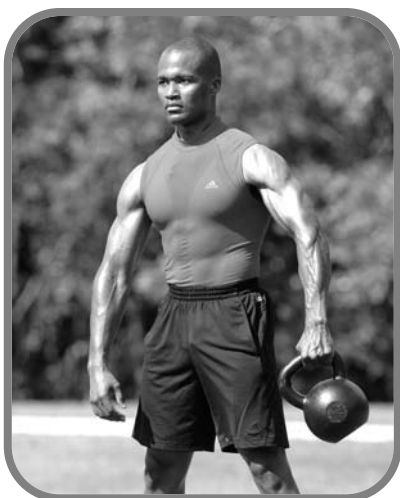
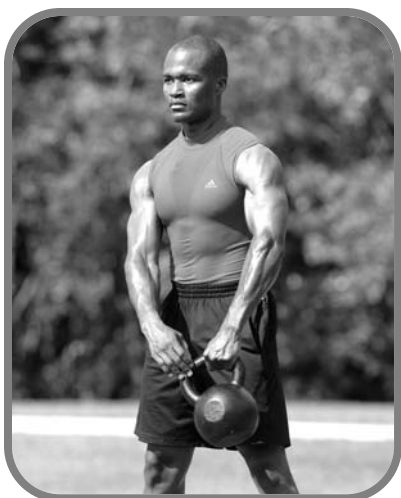
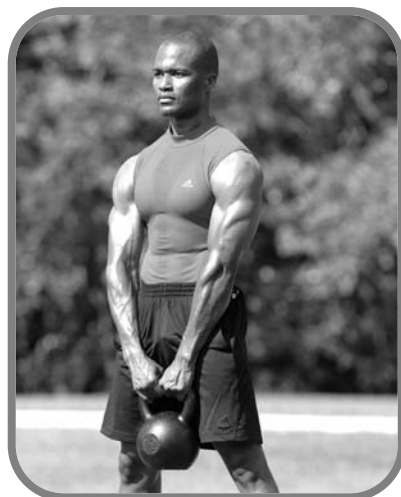
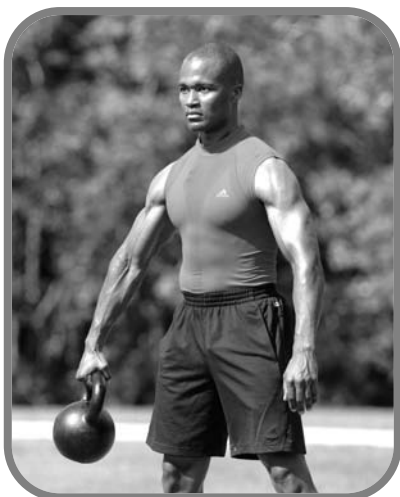
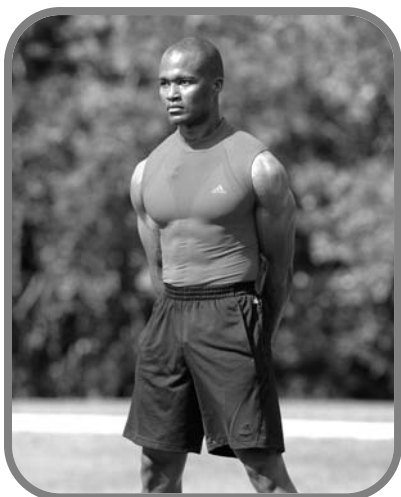
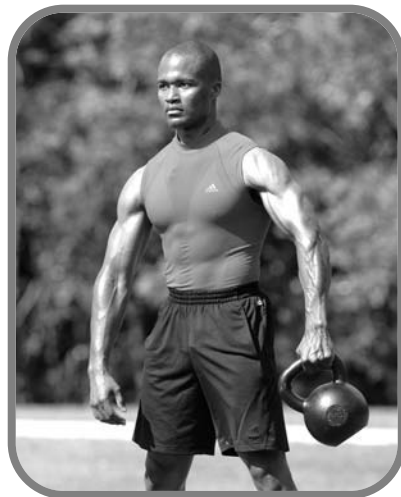
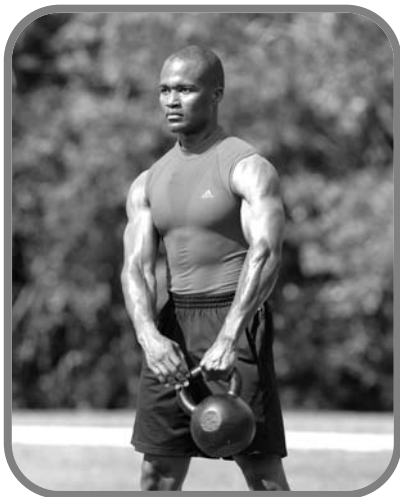
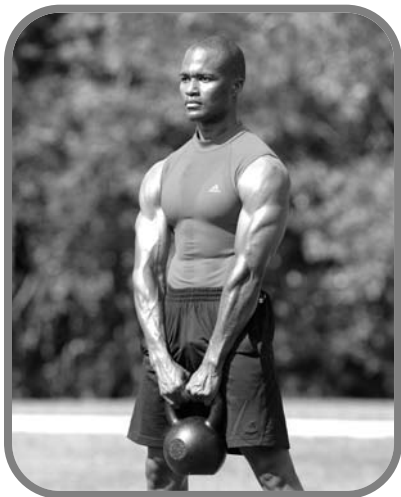


**3. Kettlebell Hanging Screwdriver**





## 4. Kettlebell Wrap Around



# Hard Style Golf Conditioning: Power Phase Program: Weeks 1-4

**Swing**



**Clean (2 Hand)**



**Clean (1 Hand)**



**Hanging Screwdriver**



**Wrap Around**



## PHASE V. POWER DRILLS

### **Weeks 1-2**

1. Kettlebell Swings (head level): 3 sets X 5 reps per arm  
Screwdriver: 3 sets x 5 reps per arm
2. Cleans: 3 sets x 5 reps per arm  
Wrap around: 3 sets x 10 reps (change directions at 5)
3. Kettlebell Swings (head level): 2 sets x 5 reps per arm  
Screwdriver: 2 sets x 5 reps per arm
4. Cleans: 2 sets x 5 reps per arm  
Wrap around: 2 sets x 10 reps (change directions at 5)
5. Kettlebell Swings (head level): 3 sets x 5 reps per arm  
Screwdriver: 3 sets x 5 reps per arm
6. Cleans: 3 sets x 5 reps per arm  
Wrap around: 3 sets x 10 reps (change directions at 5)
- 7 Stretching/Mobility and or/REST!

### **Week 3**

1. Kettlebell Swings (head level): 4 sets X 5 reps per arm  
Screwdriver: 4 sets x 5 reps per arm
2. Cleans: 4 sets x 5 reps per arm  
Wrap around: 4sets x 10 reps (change directions at 5)
3. Kettlebell Swings (head level): 4 sets x 5 reps per arm  
Screwdriver: 4 sets x 5 reps per arm
4. Cleans: 4 sets x 5 reps per arm  
Wrap around: 4 sets x 10 reps (change directions at 5)
5. Kettlebell Swings (head level): 4 sets x 5 reps per arm  
Screwdriver: 4 sets x 5 reps per arm
6. Cleans: 4 sets x 5 reps per arm  
Wrap around: 4 sets x 10 reps (change directions at 5)
- 7 Stretching/Mobility and or/REST!

### **Week 4 (Unloading)** **2 sets of all exercises.**

All exercises are to be done in a superset in these routines. For example, perform one set of swings then immediately go to your screwdrivers then take a full rest. Rest periods during this phase can be anywhere between 30 to 300 seconds.



## **Conclusion**

You now have many techniques at your disposal to help you build the ultimate body for golf. I recommend that you progress through each phase of the program as suggested. After you have mastered the primary program, you can use the freestyle program in the appendix. To take your golf fitness to new heights I also offer 2-day golf conditioning schools. If the pictures and programs in this book are worth “a thousand words” to you, then 2 days of hands on instruction in all of the HSG techniques will be priceless. When you are ready to take your golf performance to the next level, attend my HSG fitness school. For more information refer to the resource section or go to [www.hardstylegolf.com](http://www.hardstylegolf.com).

The physical aspect of golf is changing and we can expect the game in its entirety to change as well. Golfers are now placing more emphasis on their most important piece of equipment, their own bodies. This trend will solidify golf’s status as a true athletic event. It will also allow golfers to take their games to new levels of achievement. An activity such as golf that requires mastery of fine motor skill and primal patterns is an athletic event in my opinion. In conclusion, I have a confession to make. As much as I am concerned with helping you improve your golf game, I am even more concerned with enhancing your overall health, fitness and quality of life. If within these pages I can accomplish both objectives I will truly consider this endeavor a success.

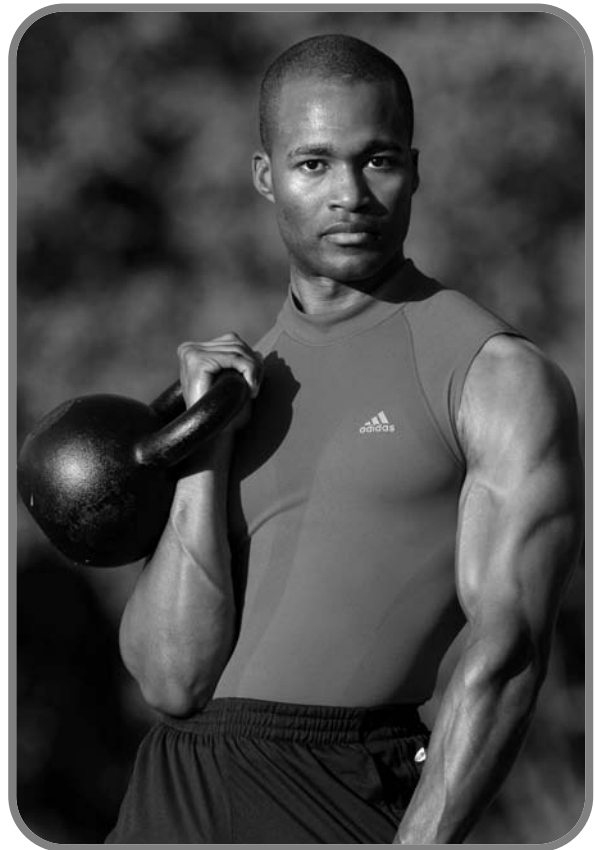


## ***About the Author***

Terrence Thomas draws from 17 years of experience in health and exercise instruction, sports conditioning, and physical rehabilitation. His credentials include the following:

- Level IV C.H.E.K. Practitioner
- B.S. in Health education with a concentration in exercise physiology from Florida International University.
- Certified strength and conditioning specialist from the National Strength and Conditioning Association.
- CHEK certified Golf Biomechanic
- Certified Russian Kettlebell Instructor

The author of “*Get Fit now and Feel Great Forever.*” Terrence has helped many amateur and professional golfers improve their golf fitness and conditioning as well as recover from injuries. To maximize your golf fitness, attend one of his HSG fitness schools. For more information go to [www.hardstylegolf.com](http://www.hardstylegolf.com).



# **Appendix: A**

## **12- Week Kettlebell Golf Conditioning Program**

This is an alternate training schedule that can be used after the completion all of the training phases in your primary HSG program.

### **Programming Guidelines**

1. Do not neglect your, stretches and stability exercises as these will be the foundation of your golf fitness conditioning. Remember you will only be as good as your foundation.
2. Keep your training sessions short and sweet. Between 15 and 45 minutes is best. Do your flexibility and mobility drills before your strength and power exercises. This is especially true if you have poor flexibility.
3. When doing your exercises, perform your most complex exercises first. For example bent press before swings. The exercise routines have been designed with this concept in mind.
4. You can train with your Kettlebell daily; however do not perform the same number of sets and reps everyday. For example you can alternate between low sets (1-3) and high sets (4-6) if you choose.
5. Prioritize your golf conditioning program. Know what you need to focus on the most, correct it and then progress your program from this starting point. For example if you know you need more flexibility spend, 80% of your time on flexibility and the other 20% on balance, strength and power. If you follow this guideline you will progress quickly, save time and greatly reduce your changes of injury.
6. View your Kettlebell training as "practice" rather than a "workout". Focus on quality of movement and mastery of the fine points of all the exercises. This attention to detail will help you get more bang for your training buck. Never sacrifice skill for intensity.
7. Do not train to exhaustion. Paul Chek, the author of the Golf Biomechanics Manual says "Train Don't, Drain". You want to feel energized and refreshed after your Kettlebell training session. Leave some gas in the tank. The goal as Brett Jones, Senior Russian Kettlebell Instructor says is to achieve "*successful fatigue*".



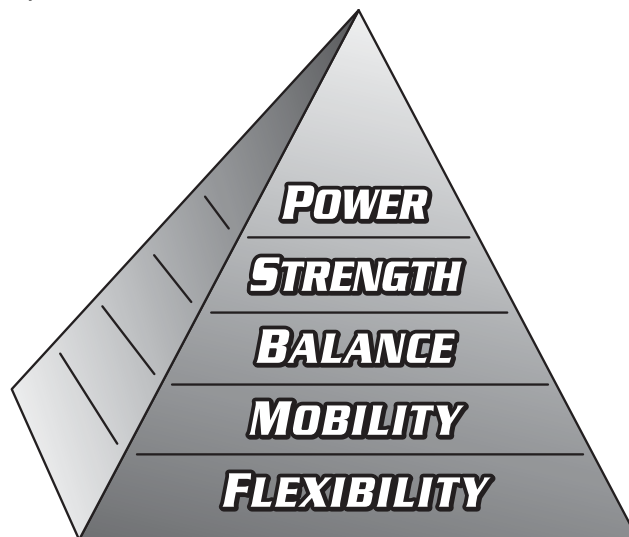
# Appendix: A

## 12-Week Training Schedule

This is a snapshot of the entire 12-week kettlebell training program that will take you through all phases of your secondary HSG program from start to finish. Feel free to adjust the training days to fit your schedule. For example you can always exchange one of the stretching days with a training day.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A (2 sets)	Stretch	A (2 sets)	Mobility (3 sets)	A (2 sets)	Stretch	Stretch
2	A (2 sets)	Stretch	A (2 sets)	Mobility (3 sets)	A (2 sets)	Stretch	Stretch
3	A (3 sets)	Stretch	A (3 sets)	Mobility (3 sets)	A (3 sets)	Stretch	Stretch
4	B (2 sets)	A (2 sets)	Stretch	Mobility (2 sets)	C (2 sets)	A (2 sets)	Stretch
5	B (2 sets)	A (2 sets)	Stretch	Mobility (2 sets)	C (2 sets)	A (2 sets)	Stretch
6	B (3 sets)	A (2 sets)	Stretch	Mobility (2 sets)	C (3 sets)	A (2 sets)	Stretch
7	B (3 sets)	A (2 sets)	Stretch	Mobility (2 sets)	C (3 sets)	A (2 sets)	Stretch
8	B (4 sets)	A (2 sets)	Stretch	Mobility (2 sets)	C (4 sets)	A (2 sets)	Stretch
9	D (2 sets)	A (2 sets)	Stretch	Mobility (3 sets)	E (2 sets)	C (2 sets)	Stretch
10	B (3 sets)	D (3 sets)	Stretch	Mobility (3 sets)	C (3 sets)	E (3 sets)	Stretch
11	E (2 sets)	A (2 sets)	D (3 sets)	Mobility (3 sets)	C (2 sets)	E (3 sets)	Stretch
12	D (2 sets)	A (2 sets)	E (4 sets)	Mobility (3 sets)	C (2 sets)	D (4 sets)	Stretch

See following pages for descriptions A, B, C, D, E.



# Appendix: A

## Mobility Schedule

Steve Maxwell, Senior RKC suggests that you perform as many repetitions on the mobility exercises as your age. For example if you are 40, perform the same number of reps. I will recommend that you apply this technique on mobility drills 1-4 and stick to the prescribed reps for the neck trunk trainer.

<b>Stretch</b>	<b>Reps</b>	<b>Duration</b>	<b>Rest Period</b>
1. Egyptian	20+	1-3 sets	10-30" then next exercise
2. Kidney Taps	20+	1-3 sets	10-30" then next exercise
3. Hip Circles	20+	1-3 sets	10-30" then next exercise
4. Knee Circles	20+	1-3 sets	10-30" then next exercise
5. Neck Trunk Trainer	15 per arm	1-3 sets	1-3 minutes then repeat cycle



**1. Egyptian**



**2. Kidney Taps**



**3. Hip Circles**



**4. Knee Circles**



**5. Neck Trunk Trainer**





# Appendix: A

## Stretching Guidelines

**Duration:** use your breaths as a gauge for holding stretches. For example 3 deep breaths means hold the stretch for 3 full deep breaths then change positions. Notice the change in the volume of stretching as the training cycle progresses.

### Flexibility/ Balance/Stability Program

Stretch	Reps	Duration	Rest Period
1. Head Rotation	3-4	3 breathes = 1 rep	Alternate sides
2. Neck Side bend	3-4	3 breathes = 1 rep	Alternate sides
3. Levator scapulae stretch	3-4	3 breathes = 1 rep	Alternate sides
4. Trunk side bend stretch	3-4	3 breathes = 1 rep	Alternate sides
5. Thoracic Mobilization	3-4	3 breathes = 1 rep	Continuous
6. Kneeling back twist	3-4	3 breathes = 1 rep	Continuous
7. Shoulder Twist	3-4	3 breathes = 1 rep	Alternate sides
8. Good Morning stretch	3-4	3 breathes = 1 rep	10" then repeat
9. Cigarette butt stretch	3-4	3 breathes = 1 rep	Alternate sides
10. Windmill stretch	3-4	3 breathes = 1 rep	Alternate sides
11. Groin Rock	3-4	3 breathes =1 rep	10" then repeat
12. Kneeling Lunge stretch	3-4	3 breathes = 1 rep	Alternate sides



## **Appendix: A**

### **Exercise Guidelines**

**Exercise:** on the programs where there is more than one exercise, choose the one that you can perform with the best form with the recommend training load (i.e. sets, reps, intensity etc.). For example if you can do the Rocket Man with good form, do it over the one-legged stance.

**Sets:** as you begin a new program, start with the low end of the set window. For example on weeks one and two, start with 2 sets then increase to 3 sets for weeks 3 and 4. Let your form dictate your training volume. Remember we are after successful fatigue, not exhaustion.

**Intensity:** The numbers in the intensity column represent a repetition window. This means stop the set when you feel that you can perform 1 or 2 more reps with good form while staying within the prescribed repetitions. This is known as the form principle. Let form dictate your intensity.

**Tempo and rest:** The numbers in these columns represent seconds unless indicated otherwise. The *arrows* ( ▼ ) in the rest column means that after finishing a set of that exercise you should move on to the next exercise.

# Appendix: A

## Program A (Balance and Stability Exercises)

Exercise	Sets	Reps	Intensity	Tempo	Rest
One leg stance/Rocket Man	2-3	3-5	-1 rep	Hold 10-15"	45-60" then ▼
Thigh Lunge	2-3	3-5	-1 rep	Hold 10-15"	45-60" then ▼
Side Plank	2-3	3-5	-1 rep	Hold 10-15"	45-60" then ▼
Horse stance vert./horiz.	2-3	4-6	-2 reps	Hold 5-10"	45-60" then ▼
Horse stance dynamic	2-3	6-8	-2 reps	Slow	2-3 min. then repeat cycle
Standing wall lean	2-3	1-2	-1 rep	Hold 30"-60"	45-60" then ▼
Kettlebell swings	2-3	8-10	-1 rep	explode	60-90" then repeat cycle



# Appendix: A

## Strength Program: The Stretches

Note: Observe the difference in the volume of stretching as you progress through the strength and power phases.

Stretch	Reps	Duration	Rest Period
1. Head Rotation	2-3	3 breaths = 1 rep	Alternate sides
2. Neck Side bend	2-3	3 breaths = 1 rep	Alternate sides
3. Levator scapulae stretch	2-3	3 breaths = 1 rep	Alternate sides
4. Trunk side bend stretch	2-3	3 breaths = 1 rep	Alternate sides
5. Thoracic Mobilization	2-3	3 breaths = 1 rep	Continuous
6. Kneeling back twist	2-3	3 breaths = 1 rep	Alternate sides
7. Shoulder Twist	2-3	3 breaths = 1 rep	Alternate sides
8. Good Morning stretch	2-3	3 breaths = 1 rep	10" then repeat
9. Cigarette butt stretch	2-3	3 breaths = 1 rep	Alternate sides
10. Windmill stretch	2-3	3 breaths = 1 rep	Alternate sides
11. Groin Rock	2-3	3 breaths = 1 rep	10" then repeat
12. Kneeling Lunge stretch	2-3	3 breaths = 1 rep	Alternate sides





## Appendix: A Strength Program B: The Strength Exercises

Note: Observe the difference in the volume of stretching as you progress through the strength and power phases.

Exercise	Sets	Reps	Intensity	Tempo	Rest
Windmill	2-4	2-4	-1 rep	Slow	60-90" then ▼
Under the leg pass	2-4	3-5	-1 rep	Slow	60-90" then ▼
Swings	2-4	8-10	-1 rep	explosive	2-3 minutes then repeat cycle



## Appendix: A Strength Program C: The Strength Exercises

Exercise	Sets	Reps	Intensity	Tempo	Rest
Bent Press	2-4	2-4	-1 rep	Slow	60-90" then ▼
One legged deadlift	2-4	2-4	-1 rep	slow	60-90" then ▼
Swings	2-4	10-12 total	-2 reps	explosive	2-3 minutes then repeat cycle



# Appendix: A

## Power Program: The Stretches

Note: Observe the difference in the volume of stretching as you progress through the strength and power phases.

Stretch	Reps	Duration	Rest Period
1. Head Rotation	1-2	3 breaths = 1 rep	Alternate sides
2. Neck Side bend	1-2	3 breaths = 1 rep	Alternate sides
3. Levator scapulae stretch	1-2	3 breaths = 1 rep	Alternate sides
4. Trunk side bend stretch	1-2	3 breaths = 1 rep	Alternate sides
5. Thoracic Mobilization	1-2	3 breaths = 1 rep	Continuous
6. Kneeling back twist	1-2	3 breaths = 1 rep	Alternate sides
7. Shoulder Twist	1-2	3 breaths = 1 rep	Alternate sides
8. Good Morning stretch	1-2	3 breaths = 1 rep	10" then repeat
9. Cigarette butt stretch	1-2	3 breaths = 1 rep	Alternate sides
10. Windmill stretch	1-2	3 breaths = 1 rep	Alternate sides
11. Groin Rock Stretch	1-2	3 breaths = 1 rep	10" then repeat
12. Kneeling Lunge stretch	1-2	3 breaths = 1 rep	Alternate sides



## Appendix: A Power Program D: The Power Exercises

Exercise	Sets	Reps	Intensity	Tempo	Rest
Swings	2-4	8-10	-1 rep	Explode	then immediately to ▼
Screwdriver	2-4	6-8	-1 rep	Medium to fast	2-3 minutes then repeat cycle



## Appendix: A Power Program E: The Power Exercises

Exercise	Sets	Reps	Intensity	Tempo	Rest
Cleans	2-4	3-5	-1 rep	Explode	then immediately to ▼
Wrap around	2-4	8-10	-1 rep	Moderate to fast	2-3 minutes then repeat cycle



## ***Appendix B: Nutrition***

### ***“You Par What You Eat”***

Muscles, ligaments and tendons will only be as healthy as the materials they are made of. Muscles, ligaments and the fascial system of the body act as shock absorbers that help dissipate force away from the joints and bones. Research has shown that during the golf swing there is enough force generated to fracture a human vertebra (CHEK). This makes shock absorption very important to avoid injury. If these forces are not dissipated effectively there can be an excessive accumulation of energy in the weak area. This usually shows up as one of the “itis” injuries such as tendonitis, bursitis, or arthritis.

Consider that with the performance of exercise there is a destruction of tissue. If the body does not have the supportive nutrition to repair itself it will rebuild new tissue with weaker materials than what it started with. How does one determine if they are not eating correctly? Here are a few signs.

- Muscles and joints that are chronically stiff. It takes you a long time to warm up.
- Poor recovery from training sessions. It takes you more than 72 hours to fully recover from exercise or physical activity.
- Frequent Injuries
- A lack of optimal flexibility and joint range of motion.

The best way to improve the health of your soft tissues is to improve the quality of your nutrition. For many people this is the most difficult aspect of their health and fitness program. Nutrition and lifestyle changes do not happen over night. Start slow and set realistic goals. When you are ready for a customized nutrition and lifestyle program, go to [www.hardstylegolf.com](http://www.hardstylegolf.com).





## **Appendix B: Nutrition**

### **5 Nutrition Tips for Better Golf Performance**

#### **1. Eat a well balanced meal the night before you play.**

Your fuel source on the golf course will come from the previous night's meal so make sure it is a balanced and nutritious one.

#### **2. Keep a small snack with you to avoid "bonking".**

Golf is a game that requires fine motor coordination. When your blood sugar drops, fine motor skills are one of the first bodily functions to be affected. Cognitive functions like judgment also take a hit when your blood sugar drops. So if you find yourself making poor shot selections or club choices in the middle of your round, it may be time for a snack.

#### **3. Stay adequately hydrated before and during your round of golf.**

Dehydration has a very similar effect on motor and brain function as low blood sugar, only through a different mechanism. If you are sweating heavily you are losing valuable electrolytes in addition to water. Electrolytes control nerve activity in the body, so if your electrolyte reserves become depleted, your nerve function will also decline. Your muscles will not fire efficiently and you will lose coordination. With that said make sure you are hydrated before you play golf and make a point to stay hydrated during the round by taking a drink before each tee.

#### **4. Avoid foods that you are intolerant too as it will cause "Brain Fog".**

Any food that you eat that does not agree with you will cause gut irritation. For example if you are intolerant to gluten or dairy, your body will produce an immune or allergic response to them. In response to food intolerance, the body produces a substance called histamine. Everyone may respond a little different when they produce histamine but the typical response is to get a stuffy or runny nose. Why is this important? If your nose is full of mucus and snot it will interrupt your breathing. If you have a stuffy nose, your subconscious brain thinks you are suffocating and will force your body to compensate physically. At this point your brain does not care if you are trying to save par. All your brain wants to do is keep you alive. So you will start to do things like not be able to keep your head straight and hold correct posture. Since we can only survive for a few minutes without oxygen, anything that remotely threatens breathing or oxygen consumption will cause the body to go into panic mode. When your body is in panic mode, holding correct posture and executing a good backswing becomes secondary. This is one example of classic brain fog.

Another reason why some foods cause brain fog is because of the enteric nervous system. The enteric nervous system is basically the central nervous system for our organs in the body. It communicates with the brain and spinal cord and has just as many neurons(nerves) as the

brain and spinal cord. Any form gut irritant (food intolerance) disrupts the enteric nervous system, which will disrupt the brain and spinal cord “by proxy”. Simply put, an irritated gut could adversely affect your golf performance. Abdominal bloating, gas, back pain, and headaches are a few signs that you may be intolerant to something that you are eating.

***5. Keep alcohol consumption to a minimum.***

This may be an obvious one to you but for those who think a little of the hard stuff before your round may help calm the nerves, let me shed a little light on the subject. Alcohol will hinder golf performance in the same way as being dehydrated, having low blood sugar, AND eating something that you are intolerant to. Alcohol consumption will give you the functional trifecta of side effects listed in tips 1 through 4.



## Appendix C: Training Log

The old saying goes “Anything worth doing is worth writing down”. Keeping accurate records of your training sessions does not have to be complicated. The following monthly training log is designed with simplicity and effectiveness in mind, a la the Russian method of exercise recording. This method was developed as Pavel Tsatsouline explained it in one of his Power by Pavel Newsletters. The guidelines are as follows;

Record all of your exercises in the bottom box along with their abbreviations. The abbreviations will save space in the boxes.

For each training session record as follows:

**Exercise: Weight lifted (number of total sets performed)  
Reps per set**

**Ex: Kettlebell Swings: 24kg (3)  
6/8/10**

**Interpretation: 3 sets of kettlebell swings with 24kg. Set one=6 reps. Set 2=8 reps.  
Set 3=10 reps.**

With bodyweight exercises, record the number of reps first and the number of sets performed go in parenthesis.

Do this for all of your exercises completed during a training session.

The following is a sample 3-day workout log:

Day 1	Day 2	Day 3
<ul style="list-style-type: none"> <li>• Stretches x 3 reps each</li> <li>• KB Swing: <u>24kg(3)</u> 8</li> <li>• Rocket man: 3(5)</li> </ul>	<ul style="list-style-type: none"> <li>• Mobility 2 sets</li> <li>• KB Bent Press: <u>24kg(3)</u> 5</li> <li>• Side Plank(adv): 3(3)</li> </ul>	<ul style="list-style-type: none"> <li>• Stretches x 3 reps each</li> <li>• KB SL DL: <u>24kg(3)</u> 5</li> <li>• HS Horizontal: 4(3)</li> </ul>



# Monthly Training log

[www.hardstylegolf.com](http://www.hardstylegolf.com)

Name: \_\_\_\_\_  
Activity: \_\_\_\_\_  
Goals: \_\_\_\_\_

## Record Exercises as follows:

Record Exercises as follows:

Exercise: Weight (sets) Example: Swings 24kg (3)  
Reps for each set 6/8/10

Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:

Exercises:





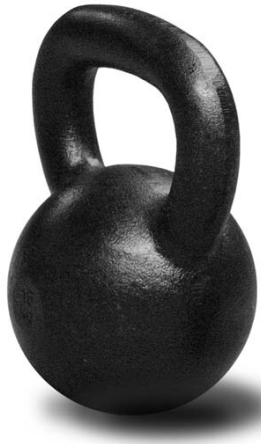


# **Conditioning Resources**

# Golfers, Want to MASTER Your Game And AMAZE Your Friends As You CONSISTENTLY Hit Harder and Further Than You Ever Imagined Possible?

Well, **YOU NEED** to:

**USE the Best—To BE the Best!**



Visit [www.dragondoor.com](http://www.dragondoor.com)—the world’s original and premiere resource for kettlebells and kettlebell training programs—guaranteed to quickly and dramatically PROPEL your golf to a whole new level of power and strength!

For Golf Greatness NOW, Take these Five Steps—and change the quality of your game forever:



**Step One — INVEST IN THE RIGHT KETTLEBELL FOR YOU** by visiting our kettlebell page for a complete line of the world’s best quality kettlebells.

**Step Two — Find a Dragon Door certified (RKC) kettlebell instructor in your area** by clicking on our “Kettlebell Instructors” link... there’s no substitute for personal instruction if you are really serious about excelling at your game!



**Step Three — Order our FREE Kettlebell catalog/magazine, HardStyle** by clicking on our “Catalogs” link... and stay completely informed on the latest and best in the world of kettlebells and kettlebell training.

**Step Four — Subscribe to our FREE newsletters**—we recommend leading Kettlebell authority Pavel’s Power by Pavel and the Product Update for expert advice and late-breaking product announcements.



**Step Five — Visit our FREE strength and conditioning forum** by clicking on our “Forums” link and ask the experts any question you might have about how to excel in your training.

Questions? Email us at: [support@dragondoor.com](mailto:support@dragondoor.com).

**Visit [www.dragondoor.com](http://www.dragondoor.com) for full information and to order kettlebells and kettlebell training resources.**

**Call 1-800-899-5111 today**

# The CHEK Approach to Golf Conditioning



*Developed by Paul Chek, Holistic Health Practitioner, founder of the C.H.E.K Institute and trainer of the world's best trainers - including the author of this book!*



The **Whole in One Golf Fitness Card Set** is based on the same exercise programs used by many of today's most successful professional golfers. Developed by Paul Chek, this innovative pocket-size card system contains everything you need to complete an entire twelve months of golf conditioning programming.

This pack contains 120 plastic cards with simple assessments, exercises and stretches. The instructions guide you through the system so that you create a personalized program that specifically addresses your needs, goals and time requirements. You can choose to workout for as little as five minutes or as much as 45 minutes at a time. The special plastic cards will withstand sweat, water and carrying in your pocket or bag. Select key cards and attach them to the enclosed ring, creating a portable pre-game warm-up or workout to carry with you!

**\$49.95**

**ORDER  
ONLINE  
NOW!**



The **Complete Golf Conditioning Kit** gives you all the equipment and guidance you need to improve the most important implement used in golf – your body! By following your personalized "**Whole in One**" conditioning program detailed in the book, you will see longer drives and lower scores in your golf game.

**Starting from  
\$260**

Find a **CHEK- Certified Golf Biomechanic** near you! Search our online database at [www.chekinstitute.com](http://www.chekinstitute.com)

**Includes:**

- The Golf Biomechanic's Manual
- Duraball Pro Swiss ball
- Paul Chek's Swiss Ball Exercises for Better Abs, Buns, and Backs DVD
- Power Web
- Physio Toner
- Blood Pressure Cuff and Extender Hose
- Mini Hand Pump
- Foam Roller

**Request our FREE catalog**

Phone: 800.552.8789 or 760.477.2620 email: [info@chekinstitute.com](mailto:info@chekinstitute.com)  
[www.chekinstitute.com](http://www.chekinstitute.com)

# RENEW Your Body With EndermoTHERAPY



## Why EndermoTherapy?

### \* **Golf Injury Rehabilitation:**

Cadaver studies have shown that the golf swing produces enough force to fracture a human vertebra. This fact explains the high rate of lower back injury with golfers. EndermoTherapy improves and maintains spinal health and freedom of motion in the soft tissues.

### \* **Improved Performance**

In addition to rehabilitating and preventing injuries, EndermoTherapy has been found to actually improve athletic performance during competitions, increasing athlete's physiological and muscular potential.



To schedule a **FREE** consultation call  
Dr. Derek Friedman at 561-353-1945





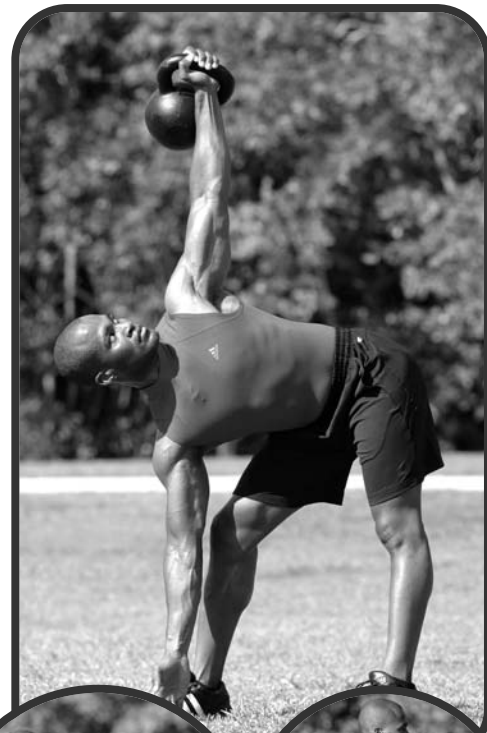
# INVEST IN THE BEST GOLF TOOL YOU'LL EVER USE... YOUR OWN BODY!

It is the player that makes the golf club. Here is the scenario. It is you, your partner and a set of golf clubs. What separates the winner from the loser is the player's skill. With this in mind why is it that most people overlook the most important golf instrument available, their own body? This is where the Hard Style Golf Conditioning 2-day golf fitness school will help you maximize your game and play your best. This 2-day school will take you through phases of the golf conditioning.

Here's just some of what you will learn;

- ▶ **Targeted stretching and mobility exercises:**  
Consistent golf performance is dependent on maintaining a balanced musculoskeletal system. In the HSG fitness school, you will receive a customized corrective stretching and flexibility program based on your specific needs. This is important because everyone does not need to stretch the same muscles. If you try to follow someone else's stretching program, you may risk exacerbating your current imbalances or create new ones. In your 2-day golf fitness school we will **Assess** rather than **Guess**.
- ▶ **Learn and refine the drills to maximize the fundamental movement patterns for golf performance.**  
Choosing the correct exercises is like making the proper golf club for any given shot. The correct club will get you on the green in 3 where as the wrong club will have you holding up the group. So in essence you will take a few steps back before you can move forward again. You will not only learn all of the HSG drills, you will learn which drills are perfect for you.
- ▶ **Discover the "red pill" kettlebell information that will skyrocket your golf performance.**  
The reality is that all contingencies cannot be covered on paper. The inside tips and bonus drills that you will learn will be priceless in creating quantum leaps in your health, fitness, and golf performance. Often times it can be one small suggestion that can make the difference.
- ▶ **Get powerful tips to help strengthen your back and recover from injuries.**  
The best golf clubs in the world aren't going to help your game if you are injured. The corrective exercises that you will learn will give you control over your recovery from injury. You will learn spinal decompression techniques that you can use if your back happens to go out.

***Each student will receive a comprehensive evaluation by our certified Golf Conditioning Specialists. Students will leave the school with a customized program designed to improve their golf performance goals.***



**HARDSTYLE™**  
**GOLF**  
Conditioning with Terrence Thomas