

Sample Strength & Conditioning Plan for Golf

SSC STRENGTH PROGRAMME

Name:				Date:							
Week 1				Week 2				Week 3			
Exercise	Sets	Reps	Load	Exercise	Sets	Reps	Load	Exercise	Sets	Reps	Load
Trap Bar Deadlift/Squat/Leg Press*	5	5		Trap Bar Deadlift/Squat/Leg Press*	5	5		Trap Bar Deadlift/Squat/Leg Press*	5	5	
Wall Hold	4	30-45s		Wall Hold	4	30-45s		Wall Hold	4	30-45s	
Hip Thrust	3	12		Hip Thrust	3	12		Hip Thrust	3	12	
Banded Rotations	3	10		Banded Rotations	3	10		Banded Rotations	3	10	
Single Leg Squat*	3	8		Single Leg Squat*	3	8		Single Leg Squat*	3	8	
Bicep Curl	2	12-15		Bicep Curl	2	12-15		Bicep Curl	2	12-15	
Week 4				Week 5				Week 6			
Exercise	Sets	Reps	Load	Exercise	Sets	Reps	Load	Exercise	Sets	Reps	Load
Trap Bar Deadlift/Squat/Leg Press*	5	5		Trap Bar Deadlift/Squat/Leg Press*	5	5		Trap Bar Deadlift/Squat/Leg Press*	5	5	
Wall Hold	4	30-45s		Wall Hold	4	30-45s		Wall Hold	4	30-45s	
Hip Thrust	3	12		Hip Thrust	3	12		Hip Thrust	3	12	
Banded Rotations	3	10		Banded Rotations	3	10		Banded Rotations	3	10	
Single Leg Squat*	3	8		Single Leg Squat*	3	8		Single Leg Squat*	3	8	
Bicep Curl	2	12-15		Bicep Curl	2	12-15		Bicep Curl	2	12-15	
Warm Up/Pre Golf Exercises		Sets x Reps		Targets				Individual Exercises			
Crab Setting/Walks		3x10		Exercise		Target					
Golf Club Rotations		2x8 each side		Wall Hold		4x45s					
Golf Club Twists		3x10		Hip Thrust		20kg or 50-100%BW					
Golf Club Squats		3x10		SL Squat		10 reps					
Notes				*If you have access / availability and feel comfortable doing this exercise. If not please seek professional instruction.							
Activation > Control > Strength											