

Programme Type: 10 Week Golf Mid-Season Programme

Training Level: **Beginner**

This Programme is designed for those that are relatively new to resistance or fitness training.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should require it during the latter repetitions.

Programme Explained:

This programme is designed to develop your general strength and fitness specific to improve your golfing performance.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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Monday

Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	6-8	2	90 seconds+
Seated Row	6-8	2	90 seconds+
Lateral DB Raise	6-8	2	90 seconds+
Biceps Curl	6-8	2	90 seconds+
Triceps Cable Press	6-8	2	90 seconds+
Cable Wood Chops	6-8	2	90 seconds+
Sit Ups	10-15	2	90 seconds+
Russian Twists	6-8	2	90 seconds+

Warm Down

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms. Hold for 30 seconds each side and repeat.

Tuesday

Am

Light jog 25-30 minutes. OR power walk / cycle 35 - 40 minutes.

Pm

Golf Related Training

Wednesday

Am

Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	6-8	2	90 seconds+
Seated Row	6-8	2	90 seconds+
Lateral DB Raise	6-8	2	90 seconds+
Biceps Curl	6-8	2	90 seconds+
Triceps Cable Press	6-8	2	90 seconds+
Cable Wood Chops	6-8	2	90 seconds+
Sit Ups	10-15	2	90 seconds+
Russian Twists	6-8	2	90 seconds+

Warm Down

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms. Hold for 30 seconds each side and repeat.

Pm

Golf Related Practice

Thursday

Cardio Split

Warm Up

5 Minutes easy rowing.

Exercise	Time	Intensity
Cycling	10mins	Steady
Treadmill	10mins	Steady
X Trainer	10mins	Steady

Warm Down

5 Minutes easy rowing. Stretch major muscle groups.

Friday

Light Flexibility / Aerobic

Easy Walk / Jog / Cycle 20-30mins. Light Stretching all major muscles.

Saturday

Golf Training / Match**Sunday**

Golf Training / Match