PRO GOLF WORKOUTS
Golf Fitness Workouts and Nutritional Strategies of the World’s Best Golfer’s

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

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

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

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

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

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

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

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

Breakfast:

**Loaded Vegetable Omelet:** 3 eggs + 1/2 cup each of onion, green peppers, zucchini
**Baked Sweet Potato:** 1 sweet potato + 1/4 cup pecans + 1 tablespoon honey

Lunch:

**Baked Tilapia:** 6 ounces cooked fish + seasonings
**Roasted Asparagus Spears:** 15 spears + seasonings
**Rice & Lentils:** 1 cup steamed brown rice + 3/4 cup cooked lentils

Dinner:

**Braised Lamb:** 6 ounces cooked lamb + seasonings
**Roasted Broccoli & Brussels Sprouts:** 1 cup broccoli + 1 cup Brussels sprouts + 2 tablespoons olive oil + seasoning
**Cooked Quinoa:** 1 cup cooked

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

Jordan’s preferred snack is home made granola. He also enjoys this on the course. It contains seeds, nuts, dried fruit, and spices. Each serving is roughly ¾ cup and he typically has 3 servings daily in between meals.

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

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

Advanced Nutrition Strategies

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

KATHIE SHEARER:

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

JORDAN SPIETH:

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

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

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

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

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

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

Other exercises he likes for Jordan to do are solid strength exercises like deadlifts as shown here.
He also prefers crawling style movements. "Crawling patterns help reset the primal movement patterns in the body neurologically," Goddard says in an interview with Golf Digest.

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

**Half Bear Crawl**

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

**Half Crab with Rotation**

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

Credit: www.ampdgolffitness.com.
Bubba Watson

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

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

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

Off Course Strategies

Several years ago, Bubba realized he had more to give the game of golf, but it was time to get more serious about his fitness and nutrition. He was a self proclaimed food lover having admitted to eating a piece of chocolate cake every night when he dined at restaurants. He finally gave up his burgers and fries and replaced them with protein powder, coconut water, salads and superfoods to lose 30 lbs. and start playing more often in contention for big wins on tour.
He also set aside 45 to 60 minutes, 6 days a week for exercise. At 6’3” and over 200 lbs., he paired down to just under 180 lbs. He also got rid of regular bouts with heartburn by replacing all of the fast food he was eating with a clean and healthy diet.

**Bubba Watson’s Regular Diet**

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

*Bubba’s Typical Game Day Breakfast*

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

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

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

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

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

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

Here are some of the exercises that were recommended.

- **Lateral Bounding with Trunk Rotation.** This enhances leg stability and upper body mobility, improves balance, and promotes proper golf weight transfer.

- **One-Leg Bridge.** This specifically targets glute activation and builds overall glute power.

- **Stability Ball Plank.** This promotes abdominal activation and core strength.

*Shoulder Flexibility:*

- **Assisted Deep Squat,** which provides a tremendous stretch through the lats and shoulders. Can be performed with a long club or golf cart.

- **Exercise Ball Prayer Stretch,** which promotes increased shoulder mobility and lengthens the lats. This will ultimately result in a larger, fuller turn in your backswing.

*Hip Flexibility:*

- **Prone Glute Stretch,** a stretch similar to a yoga pigeon pose. Improves "ROM" (range of motion) in the hip joint and flexibility in the hamstrings.

- **Reverse Toe Touches,** an exercise that affects hamstring tightness and indirectly leads to increased hip flexibility.
Rory McIlroy

Off Course Workout

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

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

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

Here’s a peek into one of his workouts.

- Standing Bird Dog (for mobility)
- Arm Circles (to warm up shoulder joints)
• Exercise Bike (general warm up)
• Dynamic Stretch (for posterior chain)
• Hex Bar Deadlift
• Box Jump
• Swiss Ball Dumbbell Pullover
• Pushup to Hand Walk to Renegade Row
• Kneeling Swiss Ball Core Rotation and Chest Pass Drill

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

The second exercise is box jumps.

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

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

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

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

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

A sample workout for him includes:

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

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

- Russian Twist, 15 per side

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

- Standing side turn

- Swiss ball back extensions with a twist

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

- Lying side crunches (lateral lifts)
Watch this video to see the exercises

https://www.youtube.com/watch?time_continue=444&v=EhYFJ1_hZFE

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

**Susan’s Notes:**
I like the majority of the exercises that Henrik is performing. I love the Russian Twist exercise, but I only recommend it to golfers who have a really strong stable base first. I consider it an advanced exercise because your spine MUST be straight. Watch the video and see how solid his posture is. Most golfers will have a rounded back when trying to do this exercise and then it becomes unsafe. It is definitely an exercise you work up to.
Phil Mickelson

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

Off Course Workout

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

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

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

The power sequence has exercises that focus on strength and speed like plyometrics and throwing a medicine ball against a wall.
In the core sequence, there are exercises for stabilization and rotation, especially for high speeds.

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

**Susan’s Notes:**
I have met and corresponded with Phil's trainer on several occasions. He attends lots of athletic conferences and usually speaks/presents at the Titleist World Golf Summit. He works with an impressive list of golfers and baseball athletes which is his other specialty. Here is the list of many of his clients. [https://seancochran.com/client-list/](https://seancochran.com/client-list/)

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

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

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

Here are some other interesting notes:

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

- In 2002, Player was voted as the second greatest global golfer of all time by a panel of international media, golf magazines and fellow professionals conducted by the leading Golf Asia Magazine.
On April 2009, he played for the last time in the Masters, where he was playing for his record 52nd time — every year since 1957 except for 1973, when he was ill. After Nicklaus and Palmer, he was the last of the Big Three to retire from this tournament, a testament to his longevity.

**Player's Workout**

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

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

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

**The Early Years**

Player remembers those early years when weight lifting was discouraged because golfers weren’t concerned athletes and there was fear that fitness might interfere with good play. Yet he recalls squatting 325 lbs. the night before the U.S. Open in 1965 which he went on to win!
In his younger years, he focused on his core along with strength building for his forearms and legs. He stayed away from building his chest too much for fear it would restrict his turn on the backswing.

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

Here is what a typical work out looks like:

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

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

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

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

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

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

Snead had a record 17 wins after the age of 40. It was eventually broken by Vijay Singh in 2007 with this win at the Mercedes Benz Championship.
“Slamming Sammy” was 5’10” and 180 lbs. and could kick the top of a 7 foot doorway while in his 70’s. His flexibility was a true gift. ‘When I swing the golf club right, my mind is blank and my body is loose as a goose.”

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

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

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

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

**Off Course Workout**

**MONDAY – Power**

- 20 minutes on the spin bike
- Kicks X 10
- Arm Swings X 10,
- Green & Purple Bands Sequence X10,
- Kettlebell Swings 30lbs between Legs to shoulder height X 10
- (Squeeze Glutes at The Top of Move)
- 16lb Med Ball Low to High Rotation X 10 each side
- Tri-Plane Lunges 1 set 5 reps each position
- Body Weight Squats – 1 set X 20 reps
- Box jumps 1 set X 20 reps SS w/Heel Taps 1 set X 15reps
- Dumbbell Deadlifts – 1 set X 20 reps 20lbs
- Front Dumbbell Squats to bench – 1 set X 15 reps 20lbs
- Superset w/Push Press (Overhead Dumbbell Press) 1 set X 15 reps 20lbs
- Box Jumps 1 set X 10 reps SS w/Heel Taps 1 set X 10reps
- Dumbbell Deadlifts – 1 set X 15 reps 25lbs, 1 set X 10 reps 30lbs
• Superset w/Incline Reverse Crunch 1 X 15, 10
• One-Arm Dumbbell Hang Clean & Press (Power Clean & Press from Knees to Overhead) – 1 set X 10 reps 25lbs
• Superset w/Janda Crunches 1 X 15 – 20 20lbs 1 set X 10 reps 30lbs
• Split Jerks (Shoulder to Overhead w/Split Squat) alternating legs – 1 set X 5 reps to each leg 20lbs
• Tri-Plane Jumps 1 set X 5 reps in each position (Load glutes and explode back to start position)
• Alternating Chest press on ball – 1 X 20 reps 20lbs
• Functional Lateral Raise 1 X 15 10lbs
• Overhead Triceps Extension, use purple band looped through handle – 1 X 15
• Alt Arms Wide Grip Pulldowns 1 X 15 lbs
• One-Arm Staggered Stance Dumbbell Row 1 X 10 reps 25lbs
• Alternating Chest press on ball – 1 X 15 reps 25lbs
• Functional Lateral Raise 1 X 15 10lbs
• Overhead Triceps Extension, use purple band looped through handle – 1 X 10

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

**WEDNESDAY** – **Strength/Endurance**

• 20m treadmill shuffle program
• 5 Segment Bridge X 5 Tabata 1 Legged Bridge X 4 – 30 sec hold
• Side Planks X 2 – 20 second hold
• Lying Leg Thrusts X30
• Balanced Torso Twists X30 – 20lbs
• Lateral Flexion X20
• Bent Arm Planks w/Rotation X 3
- Cat/Cow X 10
- Kneeling Lateral Flexion X 10
- Opposite Side Superman’s 1 X 15 each side/
- Same Side Superman’s 1 X 10
- Child Pose to Hero X 5 2breaths (Up on inhale, down on exhale)
- Front Lung w/Knee Reach to Back Lunge w/Overhead w/6lb medicine ball X5
- Side Lunge w/Same Side Overhead/Opp. Side Cross Body Reach w/5lb X10
- Transverse Lunge w/Shoulder Hgt Rotational Reach to Big Crossover w/Low Opposite Side Rotational Reach w/6lb med ball X5
- One-arm Staggered Stance Chest Height Row 1 X 20 50lbs
- Cable Woodchops-Down Stroke X20 50lbs
- Backswing X20 40lbs
- Red Power Band Tri’ & Bi’s 1 X 20
- Speed Split Squats X10 each leg
- Single-Leg Cable Crunch 1 X 20 70lbs
- Side to Side Jumps X10 each leg
- Wide Grip Pulldowns 1 X 15 70lbs
- Bosu Ball Crunch 1 X 15
- Curl Grip Pulldowns 1 X 15 70lbs
- Bosu Ball 1 Legged PushUp 1 X 15 (tournament weeks do 1 set X 20, both legs)
- Transverse Jumps X10 each leg
- Oblique Cable Throws 1 X 15 80lbs
- Wide Grip Pulldowns 1 X 10 70lbs (tournament weeks leave this grouping out)
- Bosu Ball Crunch 1 X 10
- Curl Grip Pulldowns 1 X 10 70lbs
- Bosu Ball 1 Legged Push Up 1 X 10 (Use Other Leg)
• Staggered Stance Multi-Plane Press Hip to Overhead Alt Legs X2 15lbs

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

FRIDAY – Full Body Functional

• 20-minute treadmill shuffle
• Straight Leg Bridge on Ball X 5 – go with your breath
• Straight Leg Bridge on Ball w/Arms straight up and pressing ball between hands X 5
• Single Leg Bridge on Ball w/opposite side leg lift X 10 each leg
• Straight Leg Bridge on Ball w/Pelvic rotation X 5 each side – go with your breath
• Leg Curls on Ball X 10 superset w/Side to Side torso twists X 5 - keep shoulders on ground
• Single Leg Curls on Ball w/opposite side leg lift superset w/torso twists w/opposite side arm reach X 10 – 10lbs
• Lying Leg Thrusts X 30
• Balanced Torso twist X 20 – 20lbs
• Lying Lateral Crunches w/Shoulders extended X 20 – 20lbs
• Janda Crunch X 20 – 20lbs
• Plank Sequence 15 seconds each position – 8 cycles – 2 regular side planks – 1 pulse – 1 leg lift
• Child to Hero Pose X 3
• Kneeling Elbow Drops X 10
• Kneeling Superman’s X 15
• Roll, Reach & Shoulder Lifts on Ball X 10
• Total body load superman’s in pushup position X 5
• Scapular retraction in pushup position
• Posterior Lunge w/Same Side Overhead Arm Drive w/yellow band X 10
• Front lunge w/Same Side Dumbbell Toe reach X 10 – 10lbs
• 45* Lunge w/12lb Body bar turning both ways X 5, limit ROM when turning into shoulder, take it to the point where there is no pain. If you still have discomfort discontinue that turn and complete the rest.
• Transverse Lunge w/Pivot & Press X 10 – 20lbs
• Golf Stance w/2second Alternating Arm load superset w/Double Arm load X 10 w/Yellow band
• Elbow Plank on Ball w/Saws & Circles X 5 superset w/ Kettlebell
• Walk in Upside-down press X 5 in both direction – Repeat entire sequence
• Tri-Plane Rotary Cuff X 10 in Runner & Overhead positions, X 15 in Backswing & Follow thru – w/ green band
• Tri-Plane Toe Touches X 10 w/green band
• Shoulder Sequence w/Yellow Band – Overhead – In front of Body - Behind Body X 10
• Kneeling Glute Activation w/Grey Band X 20

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

SUNDAY: Off
Justin Thomas

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

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

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

Here are some of the exercises he performs.

- Cable back pulls with a split stance (photo 1)
- Box jumps (photo 2)
- Hip circles (photo 3)
- Bicep curls on BOSU
His trainer focuses on mobility, flexibility, stability and strength.

- Low to high back pulls

- Back pulls with bands
- mountain climbers with BOSU

- band cross body pulls
one legged medicine ball throws

walking lunge rotations
Dustin Johnson

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

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

Monday:

Squats, deadlifts, cleans and medicine ball exercises.

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

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

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

Tuesday:

Dumbbell presses on a stability ball

Torso twists with weight

Pushups with a full rotation

TRX press

Wednesday:

Inverted pull ups

Olympic barbells
Work on thoracic rotation

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

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

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

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

Tony Finau takes you through a little short circuit he does while he’s at home and you can easily do while you’re at home. It doesn't include any weights and it focuses on stability, flexibility, and mobility.
Glute kicks 6-8Xs each side

Quadruped plank shoulder tap 6-8Xs each side

Alternating Diagonals 6-8Xs

Ab crunch + 6sec press and hold 6-8Xs per side
Angel wings with flutter kicks 12-15Xs

Plank 1-2 mins

Ab crunch diagonal extension 10-12Xs per side
Spider-Man 6-8Xs each

Squat with arm extension 10-12Xs

Running man 6-8Xs each leg
Dancing man 3Xs per leg
High step lunge
6-8 per leg

Wide jumping Tony's
😊 10-12Xs

Wide jumping Tony's
😊 10-12Xs
Credit: Tony Finau, PGA Tour Professional
Link: https://www.instagram.com/p/B-cPRnyptQ-/
Here is a warm up with Jon Rahm and his trainer, Spencer Tatum.

Jon says he performs it before every round.

We're going to take you through it. So we're going to start with, John's going to lay on his back. As you can see he's got his five iron golf club, and what he's really trying to feel is that pelvic tilt. So he's going to really push in the ground, he's going to take the club, apply a little bit of pressure to hold this core and hold it locked in.

Spencer Tatum:
So he's going to breathe in, and he's going to push one down. The whole time he's holding that midline as he's coming back up. So we're working stability right here of the core, but we're also working mobility of the hips. So John's going to demonstrate about three reps here. And as you can see, he's really focused on pushing that club, keeping pressure in the upper body and the lower body and maintain that stability.

Spencer Tatum:
So after we kind of get this going, he's going to move to a bridge. So it's a core activation bridge. He's still using his five iron, same concepts apply. He's going to try to hold that midline, create that pressure. He's going to bridge up. He's really focused on extending that hip. I know a lot of us are going to want to arch that low back. Make sure you really hold it here. You drive into the
ground, extend that hip. So, John's going to do three reps. Notice the pressure, his breathing. He's breathing out at the top, breathing in. Hold it. And then breathe in. He's really working single leg strength in the lower leg and mobility of the hip and he’s working core stability up top.

Spencer Tatum:
So now we're going to move. Now we're going to start getting a little more T spine mobility. So John's going to start right here. He's going to move right to the left, feet are going to go opposite of the club. He's going to come back and he’s really focusing that separation. How far can he go each way, and he's trying not to let that back arch. So he's trying to keep those knees in line with the hips and he's trying to breathe out, breathe in, hold the breath and transition, breathing back out. We really like this in creating a separation for his golf swing and mobilizing his T spine and getting ready to go.

John Rahm:
This could actually be my favorite exercise. Very important to be focused on the timing of things. So you try to have your legs get to the limit at the same time as your club or your upper body to get into the limit. If you go without sequence, it's kind of going to look like this and you're not going to be working very well on what we're trying to accomplish. So it's also going to help you with timing and sequencing on your golf swing.

Spencer Tatum:
This right here really helps him lock his midline in. The one thing we don't want is that reverse spine angle or the early extension. So John's going to really focus creating pressure with his top hand with his lat. He’s really pushing down right here and compressing the lower leg. Breathe it in and he's trying to get as long as he can without losing that midline. Soon as it come in, breathe in, and breathe out. I should be able to touch right here and he shouldn't be able to lose it. So notice the pressure he's putting into it. It's a lot of pressure, really working that compression force as we work and we're at impact.
John Rahm:
It's very important to keep that pressure. If you lose it, this arm is going to get loose, you might arch your back. If you keep this pressure continuously going throughout the whole exercise, it's very hard to arch it, especially if you use that hip and push into the hand.

Spencer Tatum:
So now we'll do the other side just so we're balanced out. And we're doing three to five reps here, so you can do three to five reps and what you're really trying is to get that feel. So notice how he's coming in, coming back, coming in, coming back, really keeping that everything locked up. And he's thinking about it, he's compressing that opposite shoulder to the opposite hip.

Spencer Tatum:
Okay, so now we're going to move a little bit more in our straight leg sit-ups.

Spencer Tatum:
So, boom. Really working, rolling. Think about, we're going down, click, click, click down the vertebrate and click, click, click on the way up.

Jon Rahm:
Try to keep those arms above your head at all times. I'm in-pulsing a little bit. The stronger you are, the easier it will be. So, essentially, you try to keep them
straight without really using your arms to get up. It's going to be a really good way to get that ab connection again and really make it work and warm up.

Spencer Tatum:
And really prepare you for hip hinging, which is important for the setup.

John Rahm:
Exactly. So we usually do somewhere between 8 or 10. Whenever you feel you're warmed up, you get to that point.

Spencer Tatum:
Good. So now we're going to start working up the chain. So you noticed how we started on the back? Just like how we learn how to move, we're warming up in that same process. We're starting on the back, moving the arms and limbs, we started compressing midline, which is like our crawling pattern, and now we're going to half kneeling transition period.

Jon Rahm:
Yeah, so in this exercise, you basically start by relaxing back in your hip. Put a little bit of pressure down on the club and then you basically drive through and try to extend that hip. Create this middle line, balance in the right hip, and just make it works. If you do it properly, you should feel a stretch in the hip while you're pressing down on the club and you will feel that connection basically from your right shoulder all the way down to your right knee. And then you relax and keep that pressure on. Do it for maybe two seconds, maybe five reps each side, and that should be enough.

Spencer Tatum:
Now notice how we're working on what we call the rack and stack. John's
racking it up and he's stacking it straight up.

Jon Rahm:
And, again, all the previous warm-up is going to help. If you have all your core activated and working properly, you're not going to lose your back. Your abs are going to stay in there and make you just feel like a straight plank.

Spencer Tatum:
Yep. So do three more right here. And notice, when he comes up, he was pushing down first and he's driving that hip through, really getting that nice stacked feeling.

Jon Rahm:
You will feel... It's pretty similar to the dead bug, honestly. If you do it one-handed, it would be a very similar feel to that when you're pressing down through your arm and just feel the same connection.

Spencer Tatum:
Right. So now we've worked in a transitional period, now we're going to standing. All right. Single leg stance, I'd say it's a little important.

Jon Rahm:
Yeah. So now, RDLs. Not my favorite exercise. It's hard to keep balance throughout doing them for most people. I struggle if I don't warm-up properly or if I don't do anything for a week. So, basically you try to keep your arm extended, keep that pressure, put your toes up. Keep that pressure between the legs, between the leg and the arm, and basically do a normal RDL. Try to go to parallel if you can, if you can't, whatever you get to, but never lose that pressure between your arm and you leg.

Spencer Tatum:
But you notice, he's really working those feet. So when you think of that bottom foot, when you go down, you're gripping those toes in the ground to anchor that foot down. This will help with our sway and slide in our golf
swing.

Spencer Tatum:
And we're also really working on loading that right and left hip. Can you get right here? As you're transitioning, bang, right here so we can snap it and drive the ball.

Jon Rahm:
Now, I also understand, not everybody works out every day and not everybody is used to have this stability. Just work on it. If you fall a couple of times, don't worry about it. Just try to work on it and feel how your body is warming up and don't worry too much about the RDLs if you can't do it just because it is a little bit more technical so you can just work up to it.

Spencer Tatum:
Because now we have all the joints involved. So now it's a higher level pattern. So the last thing we're going to work on is a little two-legged hip hinge to get us ready to swing the golf club. So-

Jon Rahm:
For people that know, it's almost like pre-set to a deadlift. But try to keep your elbows open, not closed like this, try to keep them open and try to keep the club touching your body as much as possible and just hinge.

Spencer Tatum:
What we're looking for, is can John keep his head, shoulder blades, and glutes all connected to the club as he's putting force in the ground and loading those hips? Now notice how his shin angle is staying nice and vertical. He's not going backwards where he's losing power, he's not going too much farther than that squat.

Spencer Tatum:
Now this is a challenging pattern. It looks simple, but it's way more challenging than you think.
Jon Rahm:
Try switching hands as well. And I would say, as soon as you feel the club leaving your body, so you see if I start bending my upper body without hinging, you'll see the bottom of the club and the grip will not be touching my spine.

Spencer Tatum:
Now, John, how important is the breath when you do this? When you're breathing?

Jon Rahm:
It's important to keep that tempo. So you probably explained it better than I can, but just being able to breathe throughout it so you don't gas out, especially also in the golf swing, just having the proper breath at the right time. You're not going to hit the ball while you're inhaling. So you kind of need to work on that as well. So, basically, you hold your breath while you're doing. Basically, you inhale and you hold your breath while you're doing the challenging part. And then when you basically need to explode is when you exhale.

Spencer Tatum:
So, an easy way to think about this, breathe in for stability, holding that breath in transitional periods, and breathing out when you're getting mobility and power. So he's breathing in, holding that breath, breathing out, hard exhale at top. So, very simple warm-up, just need a five iron, a mat if you have a hard ground or hard surface, and I think it kind of gets you ready to go.

Jon Rahm:
Yeah, it's something everybody can do now that you're home every day, especially if we're sitting down a lot, like most of us are since you can't really do anything. It's going to work out to at least not give you some back pain and avoid that and just get some of the muscles working properly.
Spencer Tatum:
Yeah. And if you find in one area... We normally going to go three to five reps on each side of each leg or three to five reps on each movement. If you find that, "Hey, you know what? After the three to five, I don't really feel like I got it," do two or three more until you feel it. And if you feel like it's easy, it's no problem, do three and then just move on. It's more about the feeling and the quality of movement than the amount of volume. And you can do this two to three times a day or one time a day and you'll see a major improvement in your mobility, stability, and it will hopefully translate into swinging a better golf swing.
Resources


https://blog.underarmour.com/jordan-spieths-trainer-routine/

https://www.instagram.com/p/BLRI1QSBSQV/?taken-by=ampdgolfperformance

Link: https://www.youtube.com/watch?v=AzCqG5RSp_8  (Credit: Jon Rahm)