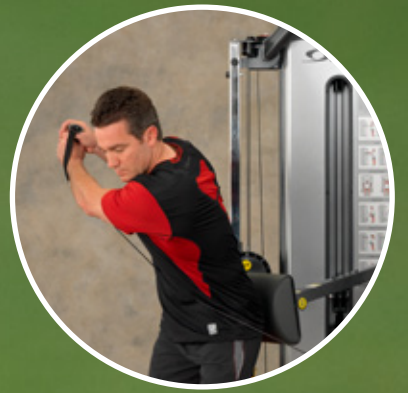


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"I'VE ALWAYS TAKEN FITNESS SERIOUSLY AND I BELIEVE IT'S THE ONE REASON I'VE BEEN ABLE TO PLAY AT SUCH A HIGH LEVEL FOR SUCH A LONG TIME. IF YOU WANT TO SUCCEED IN THE GAME OF GOLF, YOU NEED TO BE SERIOUS ABOUT FITNESS."

GREG NORMAN

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ROTATION EXERCISES

RS – REFERENCE SWING



The reference swing promotes efficient golf rotation and reinforces effective dynamic posture by using the support pad of the Bravo as a physical point of reference.

Goal

The goal of this exercise is to execute a complete downswing rotation with proper golf posture and sequencing of movement, while maintaining contact with the reference pad.

Bravo Setup

- Implement: Hand grip
- Trail side handle position: 5
- Vertical adjustment: Shoulder height
- Pad adjustment: At sacrum, position 1

Execution

- With your back to the Bravo, assume a correct golf posture, placing your buttocks against the support pad.
- Rotate towards the cable outlet and grasp the handle. You should be in a position that resembles the top of your backswing.
- While maintaining constant contact with the reference pad, make a correct golf swing rotation, pulling the cable handle through the impact position.
- Return slowly to the starting position and repeat.

Coaching Guide

- Cable based rotation exercises tend to encourage a chopping motion, produced by the arms. Encourage proper rotation, emanating from the pelvis and trunk, with the arms kept in a fixed position relative to the trunk.
- Have the golfer use the pad as a tactile reference to promote effective posture and correct weight transfer.
- The buttocks should remain in contact with the pad throughout the swing.
- The golfer should try and sense lateral motion against the pad. Too much motion may indicate sway during weight transfer, while too little motion may indicate a lack of weight transfer.

ROTATION EXERCISES

RBR – REFERENCE BACKSWING ROTATION

Reference backswing rotation improves takeaway mechanics and promotes a smooth and fluid backswing. This needs to be accomplished without allowing the pelvis to move forward and over the feet, as if standing up from a squatting position.

Goal

The goal of the movement is to pull the cable handle to the top of the backswing position, by executing a smooth takeaway rotation while maintaining correct dynamic posture.

Bravo Setup

- Implement: Hand grip
- Lead side handle position: 5
- Vertical adjustment: Knee height
- Pad adjustment: At sacrum, position 1

Execution

- Assume a balanced setup position, facing away from the weight stacks, and rotated very slightly towards the handle.
- Grasp the handle as if holding a golf club, and pull the cable so that the handle is directly beneath your sternum.
- While maintaining a centered position, in contact with the pad, execute a balanced backswing motion, pulling the handle against resistance, then return to the starting position.

Coaching Guide

- Cable based rotation exercises tend to produce a chopping motion, generated by the arms. Encourage proper rotation, emanating from the pelvis and trunk, with the arms kept in a fixed position relative to the trunk.
- Have the golfer use the pad as a tactile reference to promote effective posture and correct weight transfer.
- The buttocks should remain in contact with the pad throughout the swing.
- The golfer should try and sense lateral motion against the pad. Too much motion may indicate sway during weight transfer, while too little motion may indicate a lack of weight transfer.



WEIGHT TRANSFER EXERCISES

LW – LATERAL WALK-AWAY



The lateral walk-away enhances the driving mechanism behind effective weight transfer from the back swing through the down swing. Stability is derived from this exercise by ensuring that no additional motion occurs, particularly in the working leg. The result is an effective weight transfer with dynamic stability.

Goal

The goal of the lateral walk-away is to push the body laterally onto the lead leg, finishing with weight positioned evenly on both feet.

Bravo Setup

- Implement: Hand grip
- Handle position: 9
- Vertical adjustment: Level with the hip

Execution:

- Stand sideways to the cable outlet with your working side closer to the outlet.
- Pull the handle tightly against your hip, and then step to the side, approximately one foot from the outlet.
- Using the leg nearer to the outlet, push down into the floor, and to the side, pushing your body sideways, away from the cable outlet.
- With your opposite leg, make a small lateral step, and then transfer your weight onto the lead leg.
- It is not necessary to transfer all of your weight onto the lead leg, but a greater percentage of body weight should be on the lead side.
- Make a step with the trail leg back towards the cable outlet, and control the return to the starting position.
- Repeat on the opposite side.

Coaching Guide

- The lead leg should not be used to pull the body across; it is used only to accept the body weight as it is transferred laterally.
- Focus should be placed on creating an effective push from side to side.
- Focus should be given to the alignment of the hips over the feet as weight is transferred from side to side.
- No trunk or pelvis rotation should occur during this movement.



WEIGHT TRANSFER EXERCISES

HAFS – HIP ABDUCTION – FREE STANDING

Standing hip abduction promotes stability against forces that cause the hip to move beyond the width of the stance, or in other words, slide. In the trail hip, this occurs during the backswing as weight is shifted onto that leg. When weight is shifted towards the target the lead hip may also move too far down the line. In this exercise, the standing leg stabilizes against the forces created by the swing leg, promoting stability on the stance side.

Goal

The goal of this movement is to remain stable on the stance leg while swinging the opposite leg to the side, as far as possible, without excessive leaning.

Bravo Setup

- Implement: Ankle cuff
- Handle position: 13
- Vertical adjustment: 19

Execution

- Lower the cable to the floor and stand with your standing leg close to the cable outlet. You may stand on a weight plate in order to create clearance for the swing leg.
- Pull the cable in front of the stance leg and attach the ankle cuff to your opposite leg.
- Place your hands on your hips, preventing the use of arms for support or stability.
- With your body positioned roughly three feet from the cable outlet, push your swing leg to the side, as far as possible, without leaning over.
- Come to a controlled and stable pause before returning to the starting position.
- You may use the support pad, intermittently, for balance assistance, if necessary.

Coaching Guide

- Have the golfer focus on his stance foot, using pressure against the ground to help provide stability.
- Encourage the golfer to complete this movement without the swing leg touching down.
- Watch for rotation of the swing hip, or flexing of the swing knee, these are both undesirable movements.
- Posture should remain erect, but slight lateral shift onto the stance leg will be expected in order to maintain balance.



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