

## Golf

Category	Exercise	Sets x Reps	Rest
<b>Flexibility &amp; Mobility</b>			
5-7 minutes	<b>Foam Rolling:</b> Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Hip flexors 4. Adductors 5. Glute 6. Hamstring 7. Calves 8. Quad/Lateral	1 set/ side - :30-60/side	
3-5 minutes	<b>Stretching:</b> 1. Lat stretch 2. Supine figure four 3. Half kneeling SK adductor stretch 4. Wall hip quad 5. Calves	1 set/ side - :30-60/side	
<b>Dynamic Warm up</b>			
5-7 minutes	<b>Movement Prep:</b> Walking depth drops- 5 Hip circles- forwards/backwards- 10/s Knee hug- forward lunge- overhead reach and rotate- 5/s Lateral lunges- 5/s  <b>Sprint/Run Mechanic Warm-up:</b> Forward skip Backward skip Quick feet in place High Knees Butt Kicks Lateral High Knee X-Over Carioca Lateral High Knee X-Over Carioca ASkips Lateral Askips	1x 15-20yds	
<b>SPARQ</b>			
2 sets = 12 min training session	SL RDL to SL jump and knee drive	2x 5-8	1 min.
3 sets = 15 min training session	Bilateral Quarter Turns	2x :20s	:30s
4 sets = 20 min training session	Lateral Med Ball Split Stance Wall Power Throw	2x 5-8/s	:30-60s
	Lateral Med Ball Rapid Response	2x 10-15/s	1 min.
<b>Cool Down</b>			
5-7 minutes	Foam Rolling and static stretching from <b>Warm Up</b>		
<b>Disclaimer</b>			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			