

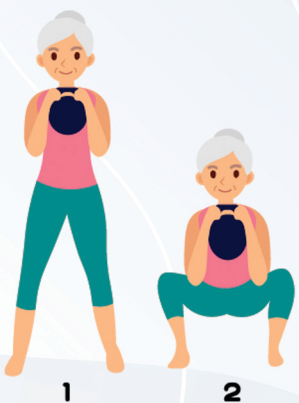


GOLF EXERCISES FOR SENIORS

Kettle Bell Turkish Get-Up Exercise



1. Lie on your back with your legs out straight in front of you.
2. Raise your right arm in the air with your fist pointing straight upwards.
3. Bend your right knee, making sure to keep your foot firmly on the floor.
4. With your right arm still pointing straight up, then straighten your left arm out to your side.
5. Roll up onto your left forearm and prop yourself up and resting on your left forearm.
6. Press your right foot on floor, with your left leg still lying straight in front of you.
7. Once you are propped up on your left forearm, change your weight to balance on your left hand and raise your right arm further so it is straight and pointing upwards.
8. Next, while seated, bridge up to lift your hips up as much as you are able to, while pressing down with your left hand and left heel. Keep your right foot planted firmly on the floor with your left leg out straight.
9. From the bridge position, bring your left foot under you to the kneeling position, keeping your hand on the ground for balance so that you are in a strong and supported kneeling position and you can lift your left hand from the ground.
10. While your right arm is still pointing up, come up to a standing position with both feet even.
11. Once you are in the standing position, all steps will be reversed until you are once again lying on your back. Repeat as desired.



Kettle Bell Goblet Squat

1. Standing straight, hold the kettlebell in front of your chest, using both hands and keeping your elbows as close to your body as possible.
2. Start squatting by digging your heels into the floor while also pushing your hips back. It is a good idea to keep your thighs parallel with the floor for best form and results.
3. Return to the starting position and repeat.



GOLF EXERCISES FOR SENIORS

The Box Jump



1. It is especially important for seniors to choose a safe plyo (commercial jump box), a chair, bench, or other sturdy surface to practice the jump box exercise. Beginning seniors should make it a point to start out with a lower style box until you reach more advanced levels of the exercise. Choosing a sturdy jump box that is just the right height for your fitness level is crucial for success and to avoid injury.
2. Stand facing the box with your feet hip-distance apart, and your knees slightly apart - about six inches from the front of the box.
3. Slightly bend your knees and press your hips back, then swing your arms behind you in a fluid motion.
4. Pushing up from the balls of your feet, jump straight up into the air, swinging your arms up and forward while extending your knees/hips for the most height as you jump onto the box.
5. Ensure that your knees are bent and that your hips are properly pushed forward in order to properly land on top of the box.
6. Both feet should land at the same time on top of the box, aiming for a soft landing so that your knees and hips naturally absorb the shock.
7. Step down carefully from the box and continue with desired number of repetitions.

Split Stance Ipsi-lateral Single Arm Cable Push



1. Attach a cable-station handle at a height that is even with your shoulders, on a low pulley.
2. Facing away from the weights with your back straight, your stance should be staggered, with your left foot forward and your hand at your side with your palm facing inward and your elbow bent.
3. Extend your left arm out in front of you as you step back with your right foot to form a split stance, with your knees bent.
4. Grab the handle and pull it to your right side as you also rotate your torso to the right.
5. Pause slightly, then reverse the movement to return back to the original starting position.
6. Repeat desired reps with the right arm, then repeat with the left arm.