



# Scott Cole Golf

## STRENGTH TRAINING PROGRAM FOR GOLFERS

PRESENTED BY

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## INTRODUCTION

Over the last three years, I've experimented quite a bit with different strength training and workout routines.

These have included such programs as P90X, which I've been doing off and on for years, to the Starting Strength method.

I've also done some considerable research into some of the old bodybuilding methods of legends such as Arnold Schwarzenegger and Frank Zane.

What I am going to present to you in this ebook is my current strength training program, which I feel is excellent for building muscle and strength for people over forty.

The meat of the ebook discusses the exercises and the programming for each routine. In the Addenda are photos of each exercise. I highly recommend heading on over to Youtube to see video of the exercises as well. If you are an absolute newbie to strength training, consider getting coached on some of the lifts, particularly the deadlift and bench press.

Let's get to it!

**Cautionary note** – if you have any physical issues, such as with the back, neck, shoulders, knees or hips, it may be necessary to seek professional consultation from a physical therapist or doctor before you begin any fitness program.

## THE PROGRAM

This program consists of three different workouts where you train different muscle groups. The workouts are run through a cycle where you train four days per week.

Workout Number 1 trains the back, forearms and biceps.

Workout Number 2 trains the legs

Workout Number 3 trains the chest, shoulders and triceps

With each workout, there is one primary exercise for building strength through a compound exercise.

The other exercises are designed to support those main lifts and focus on smaller muscle groups and shorter ranges of motion.

The schedule goes something like this:

<u>Day</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>
Monday	1	2	3
Tuesday	Off	Off	Off
Wed.	2	3	1
Thurs.	3	1	2
Friday	Off	Off	Off
Saturday	1	2	3
Sunday	Off	Off	Off

As you can see, you train each workout four times in three weeks. This allows you to train hard every workout, and give those muscles plenty of rest in between workouts of that muscle group.

### **Pre-Workout Warm Up and Light Stretching**

Before you start your lifting session, you should always warm up for at least 3 to 5 minutes by doing some jogging in place, jumping jacks, jump rope, etc., or perhaps ride a stationary bike for a few minutes.

We want the body to be nice and warmed up so that we can do some light stretching. This is all done to prevent injury.

My light stretching routine includes standing, single leg hamstring stretch, standing quad stretch, two forms of runner's stretch, a calf stretch, shoulder stretch, triceps stretch, a doorway stretch for the pects, lat stretch, and then a stretch for the neck and upper back. A video on the website demonstrates this routine.

### **Form**

It is critical that you perform each exercise with good form. I typically like to perform the negative rep on a count of two, with a very slight pause before I am ready to push or pull the weight. For example, on the bench press, I lower the bar to my chest on a count of two, pause very briefly at the bottom, then push the bar up on a count of one.

Do not allow your form to break down and start jerking the weights around to squeeze out another rep or two.

You'll get more muscle tissue involved with the slower negative portion of each rep than if you do each rep as quickly as possible.

If this warrants that you use less weight, so be it. Check your ego at the door. You'll be better off in the long run.

## **Workout 1 – Back, forearms and biceps**

First I will say that I do no particular exercise that targets the forearms themselves. They are simply engaged in virtually every exercise of this workout.

### Deadlift

First up is the deadlift.

The deadlift is absolutely the keystone exercise of any strength training program. It is of particular importance to golfers since it works muscles critical to maintaining posture in the golf swing...i.e., the lower back, glutes, hamstrings and core. You get some added benefit from the fact that it works the lats and forearms as well.

If you are new to training, start with a very light weight and gradually work your way up in weight.

If you have a back issue of some kind, consider starting out with rack pulls, rather than a full deadlift. Rack pulls start with the bar at knee height.

Also, consider getting coaching on the major compound lifts involved in this program. If you absolutely cannot perform a deadlift or rack pull, consult a physical therapist to find an exercise or two to replace the deadlift.

Lastly,, head on over to the Starting Strength channel on Youtube where you will find detailed explanations on how to perform some of these lifts.

I currently do four sets of the deadlift as follows:

Set 1 – 12 reps

Set 2 – Add weight – 10 reps

Set 3 – Add weight – 8 reps

Set 4 – Add weight – 6 reps

I rest for 3 full minutes between sets. My first set is completed at a weight that is about 50% of my 5 rep maximum and my last set is done at a weight that is about 70-75% of my 5 rep maximum.

My goal with this particular exercise is to increase my strength at a conservative pace compared to when I first started doing this exercise about 15 months ago. I am also training for a little bit of muscle endurance here as well.

When training with those heavier weights, I found that my back could get a bit out of whack, and the exercise just becomes more difficult to recover from at my age when lifting that much weight.

My preference now is to stay injury free so I can always train. I currently increase the weight of each set by five pounds every workout. For instance, set 1 started at 135, then went to 140, and 145.

I add 20 pounds for each set, so my most recent workout started at 145, then 165 for set 2, 185 for set 3 and 205 for set 4.

At some point, the ability to increase at the current pace will slow, and I will adjust accordingly.

### Wide Grip Lat Pulldown/Reverse Grip Lat Pulldown

For people unable to do many pullups, lat pulldowns are an excellent replacement exercise for the upper part of the lats.

This exercise involves six sets done as discussed below. This is the primary programming routine for most of our exercises.

The first five sets are done with the Wide Grip Lat Pulldown

Set 1 – 12 reps - This set should feel like 50% effort.

Rest 1 minute

Set 2 – 10 reps – add weight to your set 1 weight. This set should feel like 60% effort

Rest 1 minute

Set 3 - 8 reps – add weight to your set 2 weight. This set should feel like 70% effort

Rest 1 minute

Set 4 – 6 reps – add weight to your set 3 weight. This set should feel like 80% effort

Rest 1 minute

Set 5 – 12 reps – Drop as much weight as you need to perform 12 reps, but you should perform this set with no less weight than set 1, otherwise, you started out with too much weight. The last three reps should be very difficult. This set should feel like 90% effort is required.

No rest

Set 6 – 12 reps – Reverse Grip Lat Pulldown Performed immediately after set 5, The goal is 12 reps, but if you pick a weight that is too heavy, you'll likely not get there. The last three reps should be very difficult, and you may not achieve the last rep or two. This set should feel like it needs 100% effort.

One note here... You'll learn quickly if you started with a weight for your first set that was too high or too low, and/or made jumps in weight that were too big.

The first time you go through this routine, you want to be able to get through it all, with a little bit of a struggle for the last couple reps of Sets 5 and 6.

My present weights

Set 1 – 12 reps, 85 pounds

Set 2 – 10 reps, 95 pounds

Set 3 – 8 reps, 105 pounds

Set 4 – 6 reps, 115 pounds

Set 5 – 12 reps, 90 pounds

Set 6 – 12 reps of reverse grip lat pulls – 90 pounds

With the reverse grip, the palms face the body, and the grip is about shoulder width, rather than wide.

By the end of set 6, your heart will definitely be pumping, and the muscles you are targeting will be on fire!

I will note that initially, your goal is to simply add weight for sets 5 and 6, but only slightly. Then gradually add weight to each of the first four sets.

This programming gives you a mix of strength training, muscle building and muscle endurance.

### Seated Cable Row

The seated cable row is an exercise that targets the middle back and works the forearms and biceps.

I go through a similar routine as with the Lat pulldowns, except I only do the first five sets, and I go with a little bit heavier weight knowing that I don't have a 6<sup>th</sup> set to perform.



### Seated Dumbbell Curl/Hammer Curl

The last exercise for Workout 1 is the seated dumbbell curl performed similarly to the lat pulldown routine, where set 6 is done with hammer curls.

These exercises are effectively just assistance exercises to help your performance with the lat pulls and cable rows.

That's it for workout 1. Let's have a look at workout 2 – leg day!

### **Workout 2 – The Legs**

The barbell squat is often the cornerstone exercise for the legs. However, for older trainees with some wear and tear on the body, it can be a difficult exercise.

#### Bulgarian Split Squat

I personally have replaced the barbell squat with the Bulgarian Split Squat, as it puts virtually no stress on my back.

Because the exercise trains one leg at a time, it is also helpful for improving balance.

My current routine is as follows:

Set 1 – 12 reps each leg with bodyweight only

Set 2 – 10 reps with 10 pound dumbbells

Set 3 – 8 reps with 15 pound dumbbells

Set 4 – 6 reps with 20 pound dumbbells

Set 5 – 12 reps with 10 pound dumbbells

I perform the reps with each leg with just a few seconds rest. In between each full set, I rest one minute.

I can tell you that after that 5<sup>th</sup> set my legs are absolutely on fire.

If you are new to training, or even just new to this exercise, just work with bodyweight only and perhaps just start out with about 3 sets with 6 to 8 reps for each leg.

Once you are able to work up to about 20 reps for each leg, then consider adding weight with dumbbells.

### Leg Extensions/Wall Squat

I perform the leg extensions similarly to the lat pulldown routine. After the 5<sup>th</sup> set, I rest about 30 seconds, and then move into a Wall Squat. I hold the wall squat for as long as possible, with a minimum goal of 30 seconds.

### Leg Curls/Straight leg Dumbbell deadlift

Because the hamstrings get plenty of work from doing Deadlifts during Workout 1 and from the Bulgarian Split Squats, I only do a couple sets of Leg Curls as follows:

Set 1 – 12 reps

Set 2 – 10 reps with increased weight

Set 3 – Straight Leg Dumbbell deadlift – 12 reps

I rest 1 minute in between each of these sets.

### Calf Raises

Calf raises with a 2x4.

I do 15-20 reps with feet shoulder width apart, point straight forward, 15-20 reps with pigeon toes, and then 15-20 reps with toes pointed out about 30 degrees. I only stop between sets to shake the legs out.

I do these holding a dumbbell in each hand. Starting out, you can start with no weight. Work up to 20 reps for each position, then add weight.

That's it for leg day!

### **Workout 3 – Chest, Shoulders, Triceps**

The main exercise for this workout is the bench press, as it is the upper body exercise where we can move the most weight.

#### Bench Press/Narrow Grip Bench Press

This exercise is performed similarly to the lat pulldown routine.

Set 1 – 12 reps, rest 1 minute

Set 2 – add weight – 10 reps, rest 1 minute

Set 3 – add weight – 8 reps, rest 1 minute

Set 4 – add weight – 6 reps, rest 1 minute

Set 5 – drop weight – 12 reps, no rest

Set 6 – Narrow grip bench press – 12 reps (you will likely need to drop the weight a bit for this set).

For the narrow grip bench press, grip the bar where the knurl meets the smooth part in the middle of the bar. This grip works the triceps and the inner part of the pectorals.

#### Seated Dumbbell Press/Standing Side Lateral Raise

Same routine as above with the 6<sup>th</sup> set performed with the Standing Side Lateral Raise. You won't need much weight for this exercise.

For the dumbbell press, when you perform this exercise after the bench press, you won't be able to use as much weight as you would if you started with this exercise first.

The bench press will fatigue the triceps and front of the shoulders a bit, which are both involved in the dumbbell press as well.

### Seated Two-Angle Dumbbell Shoulder Fly

This exercise is done with a different routine known as a drop set routine.

With my adjustable dumbbells, I start with 10 pounds and do a set of six to 12 reps at each angle... sitting up right, and then leaning forward. The forward lean forces the rear part of the deltoids to work harder, and this is a more difficult exercise.

I then immediately adjust the dumbbells to 7.5 pounds and try to do one more rep at each angle compared to the first set.

I then immediately adjust to 5 pounds and do one last set where I try to do one more rep at each angle compared to set 2.

### Triceps Pressdown/Bench Dip

Same 6 set routine as you've already seen, except the last set is a bodyweight exercise done to failure.

Set 1 – 12 reps, rest 1 minute

Set 2 – add weight, 10 reps, rest 1 minute

Set 3 – add weight, 8 reps, rest 1 minute

Set 4 – add weight, 6 reps, rest 1 minute

Set 5 – drop weight, 12 reps, no rest

Set 6 – Bench dip, as many reps as possible to failure

I do the bench dip with my hands on a bench and my feet propped on a chair. If you are unable to do this, you can start with feet on the floor, knees bent 90 degrees.

Then you can progress to feet on the floor, but legs extended. Once that gets easier, use the chair for greater intensity.

### Ab Routine

This ab routine is to assist with your core strength. I rest for about 30 seconds between each exercise.

After the plank, each exercise is done to almost failure.

Plank – hold for a minimum of 30 seconds and work up to 2 minutes.

In and out crunch

Side Hip Thrust

Leg Raise

Russian Twist

As your abs get used to the training, consider adding sets to each exercise.

### **Rest Days**

On your rest days, it's a good idea to do some sort of cardio exercise, especially if you are overweight. However, you do not want to do hard cardio workouts on your rest days.

Long, hard jogs, bikes or swims will interfere with your strength gains as those workouts do not allow for proper recovery.

I prefer to do my ab routine on these rest days as well, usually before a light cardio workout. Walking is a perfect exercise for rest days as well.

### **Final Thoughts**

You now have a straight forward strength training program to help make you a stronger human, and in turn, a stronger golfer.

Nothing fancy here, just straight up barbell and dumbbell training with a few cable exercises.

Now, it's up to you to get to work and train.

If you want to still play decent golf at an advanced age, you'll want to get to work with your training.

As mentioned, in the Addenda you will find some descriptive photos of the exercises in this program.

All the best,

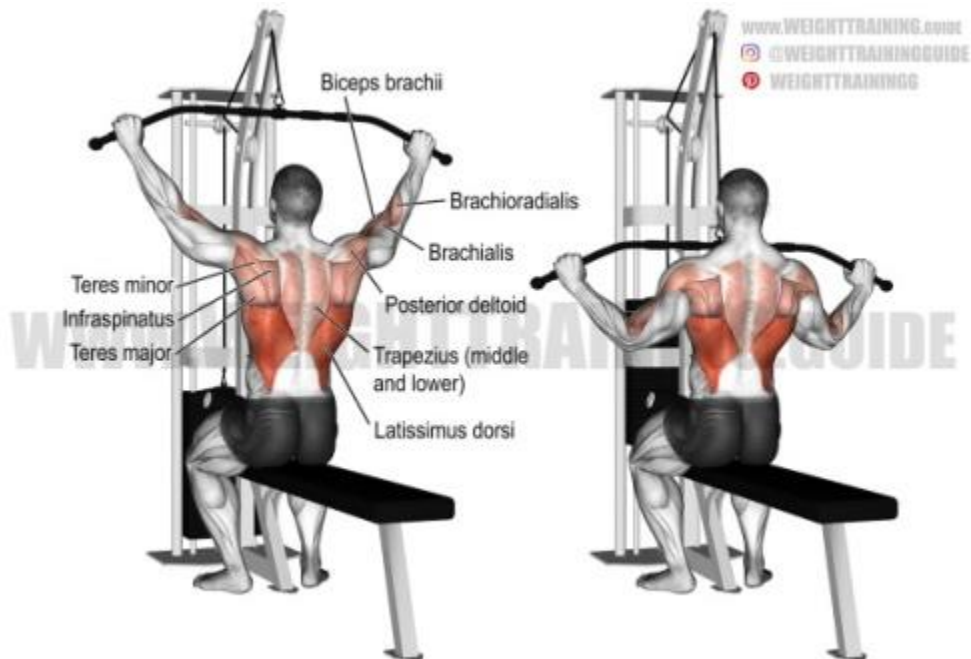
Scott Cole

## ADDENDA



**CrossFit**

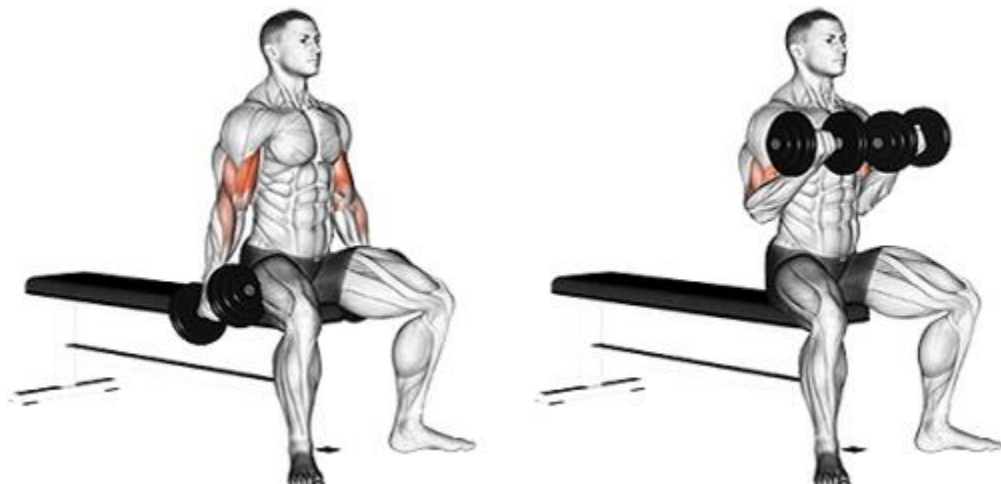
## DEADLIFT



## WIDE GRIP LAT PULLDOWN



SEATED CABLE ROW (NOTE THE ATTACHMENT THIS TRAINEE IS HOLDING ONTO)



SEATED CURL

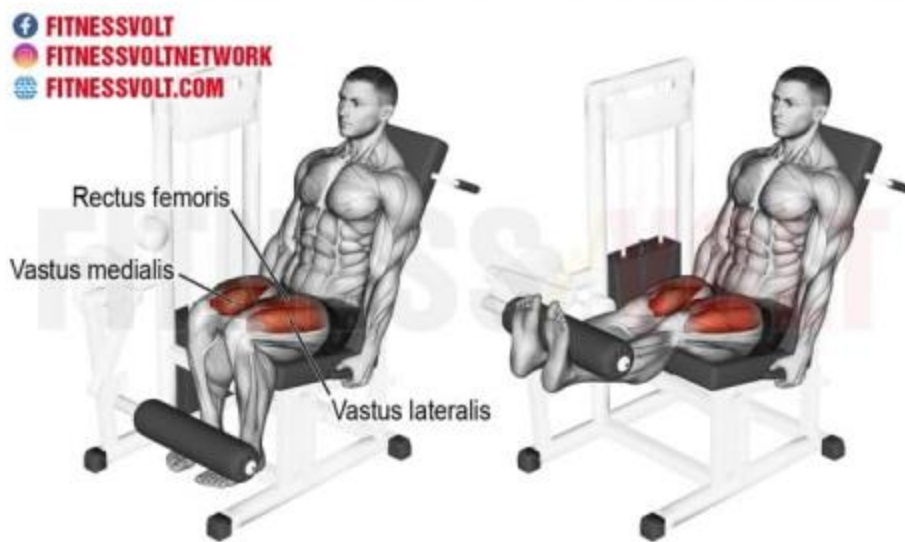




HAMMER CURL



BULGARIAN SPLIT SQUAT



LEG EXTENSION



WALL SQUAT

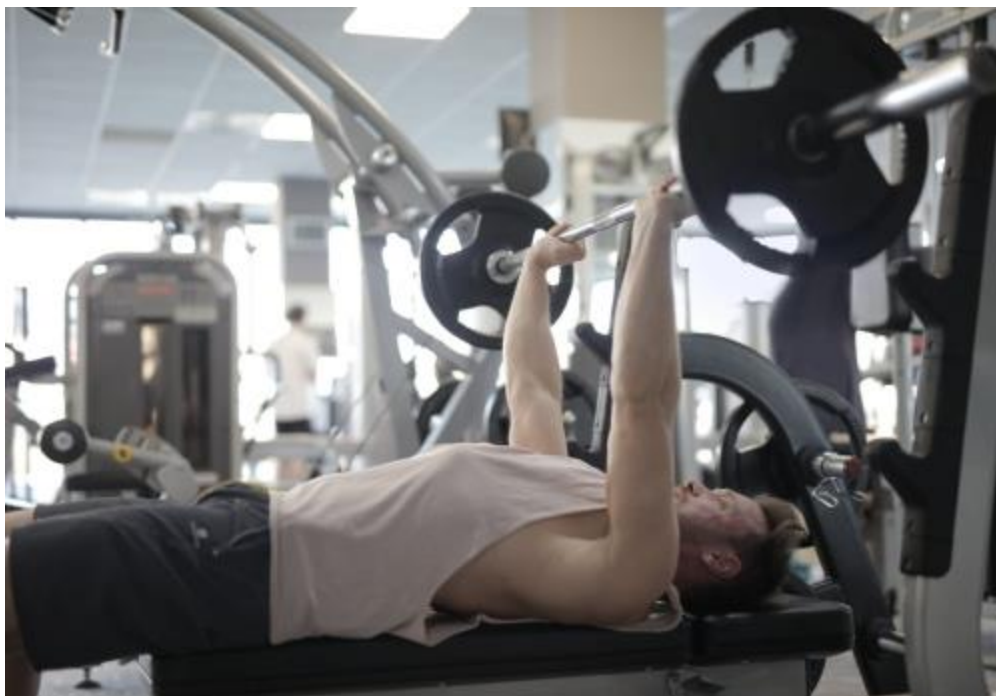


LEG CURL

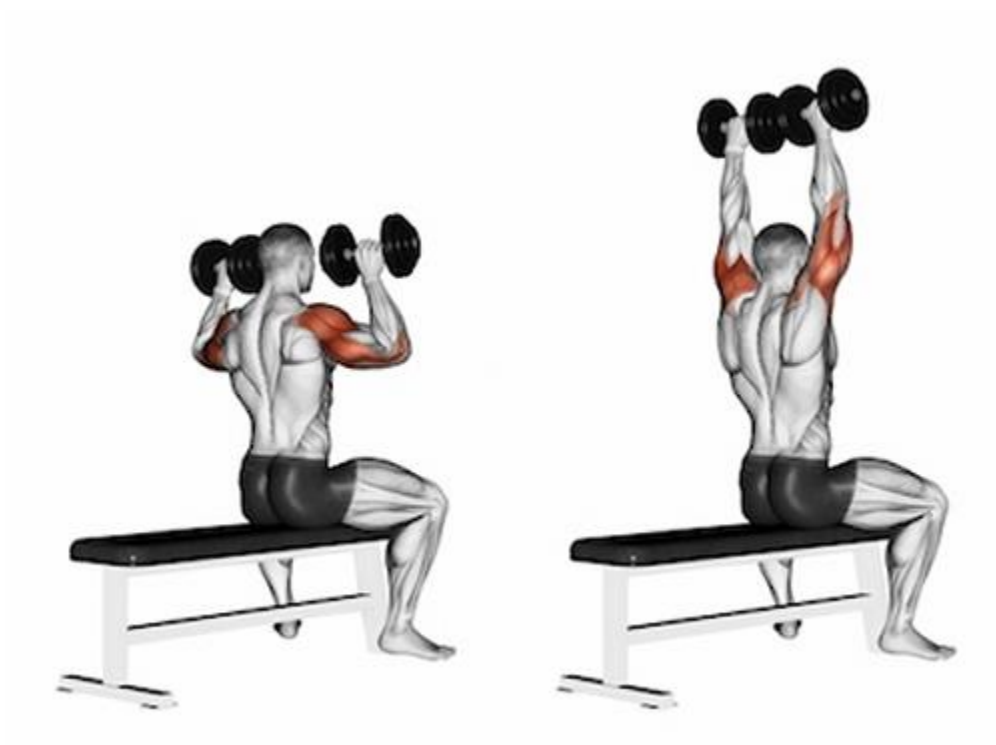
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STRAIGHT LEG DEADLIFT



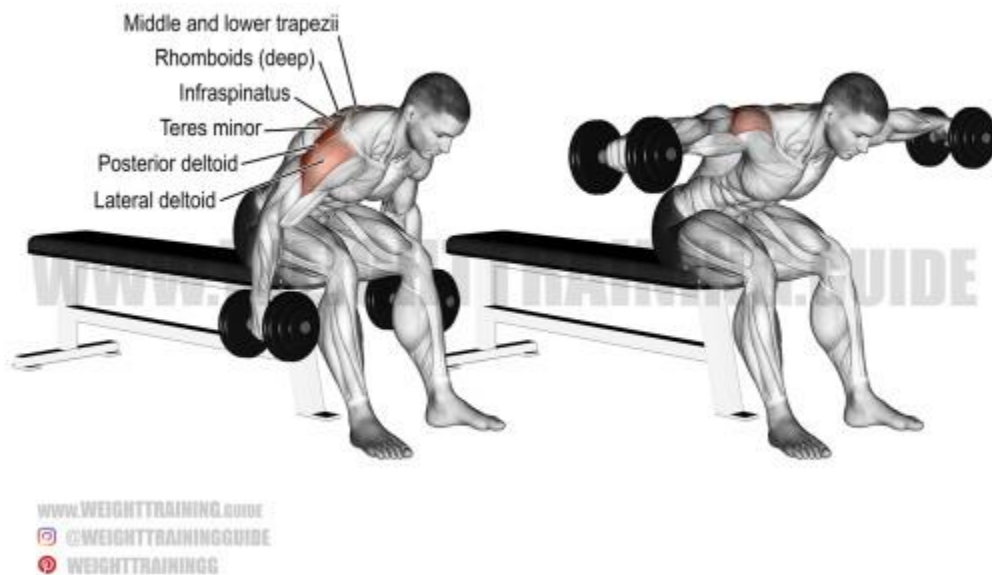
BENCH PRESS



SEATED DUMBBELL PRESS



SIDE LATERAL RAISE



SEATED FLY (I DO THESE SITTING MORE UPRIGHT. THIS VERSION HITS THE BACK OF THE SHOULDERS A BIT MORE)



PLANK

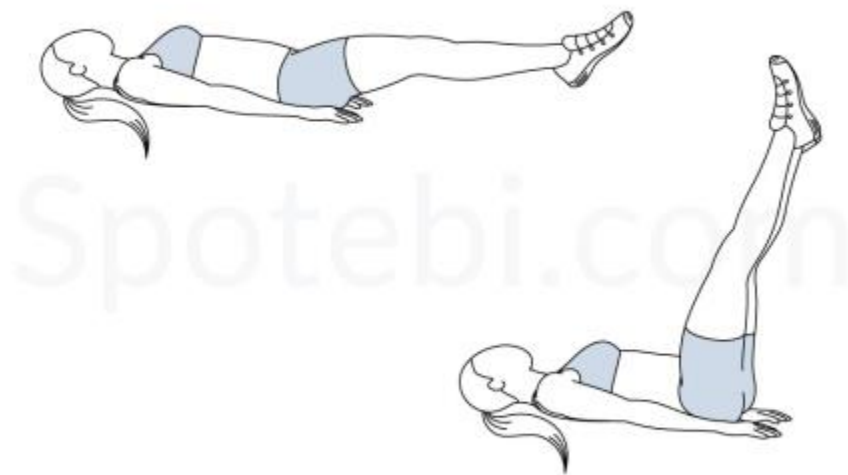


IN AND OUT CRUNCH (IN POSITION)





SIDE HIP THRUST



LEG RAISE



RUSSIAN TWIST (I TYPICALLY DO THESE WITH THE FEET OFF THE FLOOR, BUT NOT THIS ELEVATED. I CLASP MY HANDS, AND ROTATE FROM SIDE TO SIDE, TOUCHING THE BACK OF THE LEFT HAND ON FLOOR AS I ROTATE LEFT AND BACK OF RIGHT HAND ON FLOOR AS I ROTATE TO THE RIGHT).