

# BETTER SWIMMING BOOTCAMP

WHOLE IN ONE  
GOLF PROGRAM



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## Hello!

Congratulations on signing up for *Better Swing Boot Camp*!

I first want to thank you for choosing me as your golf conditioning coach to show you that the most important tool for golf is you, the golfer!

I've been in the strength and conditioning industry for 14 years and I am a certified CHEK Golf Performance Specialist. I know the only way to achieve a lower handicap is to improve the function of the golfer; the person who actually swings the club.

Proper self conditioning is vital in reaching peak performance on the fairway but please remember that I am here to help you with your golf swing not teach you about the golf swing.

Not only do I want you to be proud of your accomplishments as we proceed but I want you to enjoy the process as you build a better body not just for golf, but for life.

While online coaching is a relatively new concept, I know that you'll enjoy it. We've had huge success with golf clients worldwide already and I am looking forward to seeing you transform yourself and dramatically improve your game.

Before we begin, I'd like you to please read through this eBook. In it is all of the information about golf conditioning and explains how this program will be structured over the next 15 weeks.

You will be assigned a Welcome Pack to your online dashboard to help you navigate around the software and get the most out of the *Better Swing Boot Camp*. Please refer to this when reviewing your program and feel free to email me if you have any questions at [Colin@CoconutFitness.com](mailto:Colin@CoconutFitness.com)

As long as you follow this program step-by-step, I am confident you will lower your handicap and play some of your best ever golf. I know this as I have personally witnessed it with many clients from all over the world.

Thank you again for choosing me to help you master your golf game. I'm here for you every swing of the way.

Let's tee off,

*Colin*

**Colin Ayliffe**  
BSc (Hons) Sports Science  
CHEK Practitioner  
CHEK Golf Performance Specialist



## Why Condition For Golf?

*“Reverse every natural instinct and do the opposite of what you are inclined to do and you will probably come very close to having a perfect golf swing” Ben Hogan*

Every golfer has a desire to play better golf. This is common from the professional touring the PGA to the amateur beginner. Most recreational players use golf as an opportunity to relax, relieve stress, discuss business and get in some exercise.

Regardless of your reasoning behind playing the game, everyone has the same motivation to lower their handicap. Most players try to achieve this by hiring a golf pro and buying the best clubs they can afford. Seldom do players think about improving their body by the way of strength and conditioning.

Unfortunately, many golfers believe in the myth that lifting weights will make them bulky and unable to swing the club effectively. They have this impression that strength and conditioning will slow them down and hinder their progress but this simply isn't true.

The statistics below will demonstrate just how important it is to condition our body to survive the rigours of the game.

- Amateur golfers achieve approximately 90% of their peak muscle activity when driving a golf ball.
- This is the same intensity as picking up a weight that can only be lifted 4 times before total fatigue.
- Golfers strike the ball at this level of intensity an average of 30-40 times a game.



## The Wrong Training Program

*“The golfer plays the game not the club!”* **Paul Chek**

Some golfers do attempt to follow a conditioning program and usually seek help from the local personal trainer who knows lots about exercise but usually nothing about the specificity of golf conditioning. This means there is no real improvement seen in the golf game and therefore the strength and conditioning approach is abandoned.

There are many golf conditioning books available but unfortunately they adopt the bodybuilding principles to exercise and completely disregard the functional aspects of training for the game.

Golfers must consider themselves as athletes and train using programs scientifically designed to improve integration and synchronisation of the whole body.

Let's not forget about improving the golfer's longevity in the game. Recurring pain in the back, shoulder, knee, wrist and elbow is much too common among golfers:

- At any given time, as many as 30% of all professionals are playing injured.
- 53% of male and 45% of female golfers suffer from back pain.
- Those who play golf and participate in another sport are 40% more likely to develop back pain than those who just play golf.

By following a specifically designed exercise program that conditions the golfer for the game will drastically reduce the risk of injury.



## Are Golf Scores Getting Lower?

*“15 years ago the average American male golfer’s handicap was 16.2. The average female golfer’s handicap was 29. Today, the average American male golfer’s handicap is 16.2 and the average female golfer’s handicap is 29!”* **Dr. Rob Rotella, ‘The Golf Of Your Dreams’.**

The scores achieved by the world’s best golf pros have hardly changed in the past 50 years. Here is some proof:

- The winning score at the US Masters in 1939 was 279
- Adam Scott won it in 2013 with the same score.
- In 1955, The Open Championship was won with a score of 281.
- Phil Mickelson won it in 2013 by the exact same total.
- 35 years ago, the average American handicap was 16.2 for males and 29 for females. Today, it is regarded as 16.1 for males and 28.9 for females.

Not much has changed over the years for the professionals nor the amateurs but golf technology has rapidly advanced. You would expect this to bring down the number of shots played on the golf course but the truth is that the human body is responsible for the golf swing and not the club.

Golf requires good balance, optimal postural alignment, strong static and dynamic stability and adequate range of motion around the joints.

Without this the golfer becomes inefficient during the stance and swing phases as the stabiliser muscles in the body fatigue and can’t sustain a full instantaneous axis of rotation around the joints, therefore the body just hangs off its ligaments. This leads to inconsistency and directly affects the club face alignment, swing path, angle of impact and hitting that ‘sweet’ spot.

This strength and conditioning program will correct muscular imbalances and improve flexibility, allowing the golfer to rotate properly. This can easily add an extra 10 to 15 yards on to the drive.





## The Whole In One Program

*"Whatever you cannot understand, you cannot possess". Goethe*

The Whole in One program is based upon the principles of functional exercises that are designed to restore balance, length/tension, strength and coordination of golf specific movement patterns.

The brain recruits groups of muscles in uniquely programmed sequences. Any effective golf conditioning program must be designed to improve function in the golfer and integrate the whole body.

The *Better Swing Boot Camp* includes the following factors to improve function and control ball flight (club face alignment, swing path, angle of attack and speed).

- Muscle Balance and Flexibility
- Static and Dynamic Postural Stability
- Strength
- Power

It's imperative to address these factors in the correct order. The Whole in One concept is based upon the Flexibility - Stability - Strength - Power progression.

The first step in the *Better Swing Boot Camp* is to improve flexibility as this impacts all aspects of golf conditioning.

Once flexibility is restored to the right areas and the musculoskeletal system is balanced then the focus will be on static and dynamic postural stability.

Stability is important since a stable body creates a solid framework for all movements and activities and is less likely to be injured.

When stability is achieved, strength can be built using functional movement patterns that will readily transfer to the game of golf.

The final progression in the *Better Swing Boot Camp* is to develop power. The more power a golfer can transfer from his body through the club to the ball, the further the ball will travel.

## Flexibility

*"I never struggled with injury problems because of my preparation, in particular stretching."*  
**Edwin Moses, 4 x USA Olympic Gold Medalist 400m Hurdles**

Despite numerous research studies and published papers, there is still no clear agreement among the experts on whether stretching is worth the time and effort.

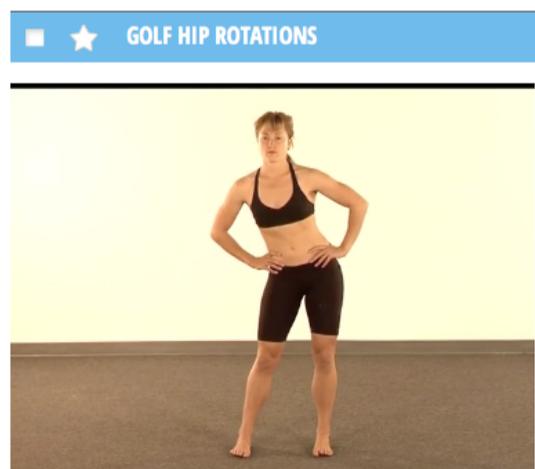
With this in mind, the decision to stretch can be made using sound judgement and experience on what happens to the golfer's body and the improvement or lack of it in the ability to swing a golf club.

Stretching muscles that have a normal length will disrupt motor patterns but stretching tight muscles will balance muscle recruitment.

If stretching improves performance and the ability to swing a golf club with more fluidity and ease, then it should be encouraged. If it doesn't, then don't do it!

Stretching generally allows the development and maintenance of optimal joint range in the golfer's body. The tissues that affect swing mechanics are the muscles, tendons, ligaments and joint capsules surrounding each of the joints involved. All these tissues with the exception of ligaments can shorten.

Shortened muscles and joint capsules will affect the biomechanics of the swing leading to overcompensations in other areas of the body, particularly elbows, wrist and back. This means less consistency in form and likelihood of injury.



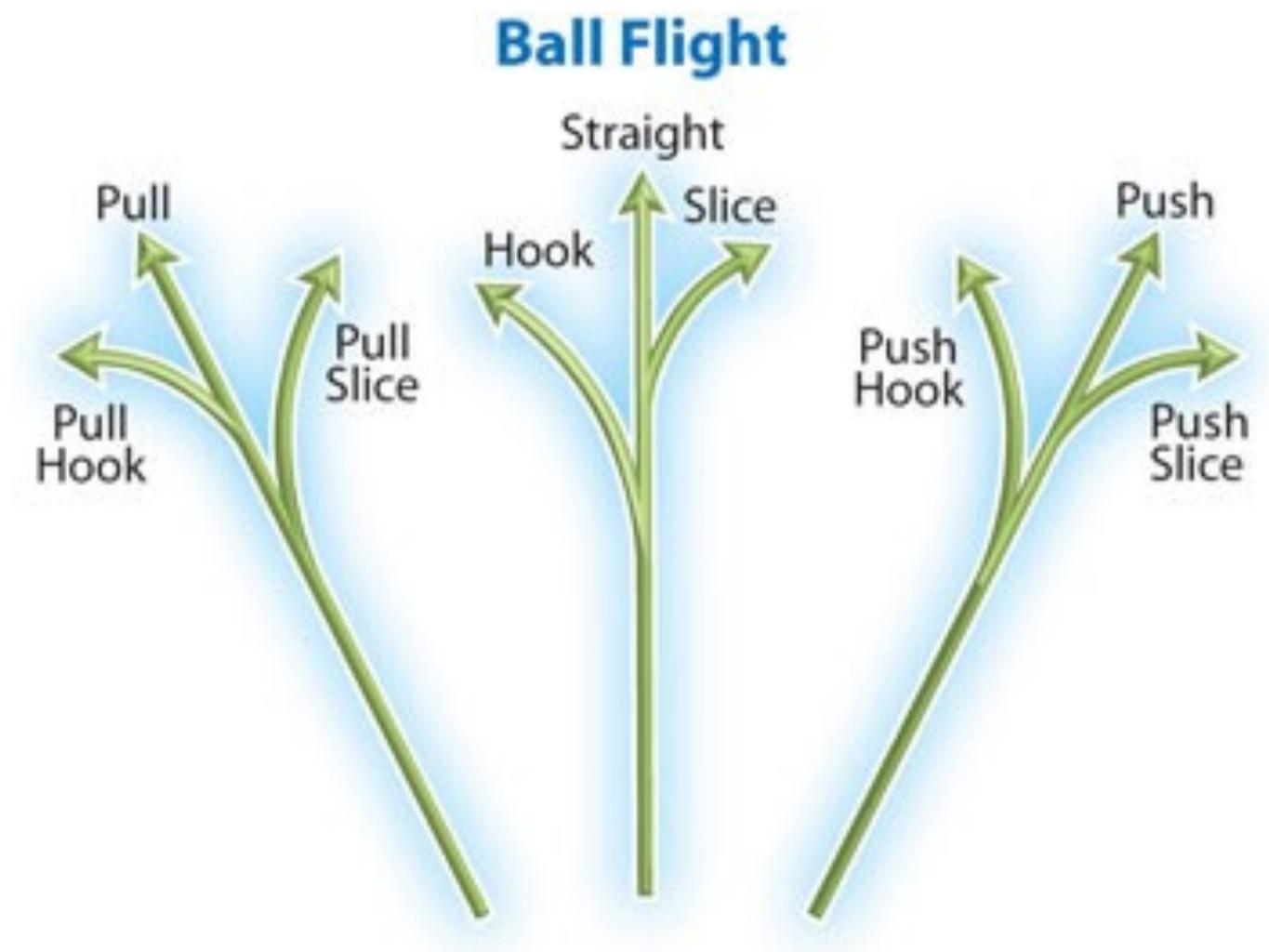
## Common Swing Faults

*"The ultimate judge of your swing is the flight of the ball".*  
**Ben Hogan**

The stretching component of the *Better Swing Boot Camp* is based on your common swing faults.

Analyse the diagram below and then simply follow the stretches on your program that relate to your specific swing fault. Ignore the other stretching routines if they do not apply to your swing.

On your program there is a stretching routine for 'Slices and Pulls' and a separate routine for 'Hooking and Pushing'.



## Stretching

*“Focus on remedies, not faults”.* **Jack Nicklaus**

Prior to starting any stretching routine it is important to be warm. When stretching you are lengthening muscles that may be very tight. If your body is cold then you could over-stretch and injure your muscles.

If it is a cold day then you will need to find somewhere warm to stretch. Heat is generated when tension is placed on a muscle, which breaks down the knots in the tissue and allows the muscle to lengthen. If you are cold then this cannot happen effectively.

Wear loose clothing that will insulate your body and allow you to retain heat while stretching. If your body gets cold, you can lose your stretch before the first hole!

Remember to follow the stretching routine that corresponds to your common swing faults. Some of these faults can be significantly improved upon through corrective stretching.

These stretches can be performed every day and also prior to warming up to practice or playing a game of golf.

Treat tight muscles as though they were crying babies; you must lullaby tight muscles as you would lullaby a crying child to get it to calm down. Take your time and allow the stretch to happen naturally.

★ 90/90 HIP STRETCH
▼



**Total BMA Rating:**  3/20

Flexibility: ★★☆☆☆  
Skill: ★☆☆☆☆

Speed: ☆☆☆☆☆  
Strength: ☆☆☆☆☆

Movement Patterns: **Bend, Squat**  
Equipment Used: **Bodyweight**  
Muscle Groups: **Gluteals, Hip Rotators**

Instructions:

- Special Note: If you are tight in your hips you will find it hard to keep the curve in your low back during this stretch. Get someone to tape your low back.
- Sit on the floor with both the front and back legs bent to 90° and the angle at the groin also approximately 90°.
- You may either hold a swiss ball or place your hands on the ground.
- Tipping your pelvis forwards like pouring water out of the front of a bowl over your belt.
- Think of tipping your butt backwards.
- You will have an increase in the curve in your low back. Keep the curve in your low back and your chest and head up as you move forward over your front knee.
- Note: Stretches can be performed with a number of methods including: Contract-Relax Static Hold Active Movement.

## Warming Up

*“A muscle is like a car. If you want it to run well in the morning, you have to warm it up.”*  
**Florence Griffith Joyner**

Most golfers are more interested in getting out on the golf course rather than warming up beforehand. A golf specific warm up will lubricate your joints, warm your muscles and connective tissues, activate your nervous system and sharpen your senses. All in all it will improve your golf game!

The *Better Swing Boot Camp* warm up uses muscle energy exercises derived from the well-known Feldenkrais System of Movement and have been modified specifically for golf.

Muscle energy exercises actively mobilise joints and can also be used as a treatment for movement restriction. Dynamic warm up and muscle energy exercises work better than static stretching for mobilising joints as the body feels less threatened when it has an active part in the process and allows the joints to move much more freely.

Muscle energy mobilisation exercises also serve as an excellent form of active stretching. If better results are experienced with this type of exercise than stretching alone, simply do what works best.

These exercises will be found under the ‘Warm Up’ section on your *Better Swing Boot Camp* program. To assess which exercises provide the greatest increase in swing performance, take out a club and swing it a few times before doing each of the exercises. If you notice any of the following then keep to the routine:

- Increased range of motion in the shoulders, spine and pelvis
- Increased fluidity of swing and a sense of reduced effort
- Heightened activation of senses such as sight and movement awareness

If you are only able to stand up during the warm up and lying down is not practical then just perform the Golf Neck/Trunk Trainer prior to playing.

## Base Conditioning Phase

*"I got so strong I felt like a giant. When I stood on the tee with Arnold Palmer and Jack Nicklaus, I was tiny compared to them. But I never believed they were bigger than me."* **Gary Player**

The *Better Swing Boot Camp* is built up entirely upon the principles of functional exercise. Most golf conditioning programs out there are based on a body building format that isolates muscles. Functional exercises on the other hand will restore balance, lengthen, strengthen and coordinate movement patterns specific for the golf game.

The human brain doesn't think in terms of isolated muscles. Instead, it recruits groups of muscles in uniquely programmed sequenced. This is why the Whole in One program is designed to integrate the whole body.

The Base Conditioning phase focuses on static and dynamic stability. Static stability is the ability to remain in one position for a period of time without losing good structural alignment. Before you can even think about achieving your maximum range, accuracy and consistency on the golf course you must develop static stability.

Dynamic stability is the ability to keep each and all working joints in optimal alignment during any given movement, such that the efficiency of the movement is facilitated and injury is prevented. From here you can start to build on strength and power but remember, you can't fire a canon from a canoe!

In the Base Conditioning phase you will work from isolation to integration. Isolation in this case means isolating a muscle or muscle group to re-establish neurological communication between the nervous system and the muscle. This must be accomplished before progressing to the Dynamic Stabilisation exercises, which requires a much higher level of neuromuscular integration.

The *Better Swing Boot Camp* develops static and dynamic stability by progressing through the following three phases:

- Phase 1 - Neuromuscular Isolation Exercises
- Phase 2 - Neuromuscular Integration Exercises
- Phase 3 - Dynamic Stability Exercises

## Strength Training Phase

*"I'm trying as hard as I can and sometimes things don't go your way and that's the way things go."*  
**Tiger Woods**

Once you have completed the 8 week Base Conditioning phase, you should be feeling the benefits of improved stability and postural alignment. It's now time to move on to the performance enhancing effects of the Strength Training phase.

Many golfers avoid strength training in general as they believe it to be detrimental to their game. This couldn't be further from the truth and the correct strength training exercises will not only benefit game performance but also spinal health.

Can you afford not to perform strength training exercises? Consider the following points:

- The most common injury among male golfers is back pain (53%), followed by elbow pain (24%).
- The most common injury among female golfers is lower back pain (45%), followed by elbow pain (27%).
- As many as 63% of novice golfers are reported to suffer from lower back pain.
- Up to 30% of professional golfers on tour are playing injured.
- Biomechanical analysis of the golf swing reveals that the forces generated in the spine are great enough to fracture vertebrae and damage lumbar discs.

As we can see from these statistics, golfers need to be stronger to survive the sport!

When the golfer regularly performs strength training exercises, the muscles surrounding the spine and pelvis becomes strong enough to protect the spine from the forces generating when hitting the golf ball.

A common injury, 'Golfer's Elbow', describes pain at the medial elbow where the wrist flexor tendons insert. Over compensation for weak trunk muscles with the wrists can cause this problem.

Finally, strength is a key component to power. It is power that dictates just how far you can drive the ball. We must build strength before we develop power.

## Power Training Phase

*“Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect.” Arnold Palmer*

After 4 weeks on the Strength Training phase you will be ready to unleash your power and really be able to maximise the range of your drive.

Only once we have developed static stability, dynamic stability and golf strength strength it is safe to develop power. Power is simply a term to describe force with time. The faster the club head is moving, the more powerful the golfer and more chance of hitting the ball further.

The exercises in the Power Training phase focus on development of power in the trunk, hips and rotator cuff. This will reduce the chance of picking up wrist and forearm injuries. These exercises will also continue to improve your timing.

The tempo of these exercises significantly increases compared to the Strength Training phase. Performing exercises at higher speeds will help you achieve faster club speed when driving the ball. As speed of movement increases, so does the stress on joints and connective tissue but this should not be a concern if you have followed the last 12 weeks of the *Better Swing Boot Camp*.

The Power Training phase will last 3 weeks to protect the body from overload caused by the stress of high-speed exercises. During this phase, you should be learning how to move quickly rather than learning to move heavy loads.

Upon completion of this phase you will have completed one of the most comprehensive golf conditioning programs around!

Your goal now will be to maintain as much power as possible while cycling back to stabilisation and strength training. When you repeat these exercises you will be more skilled and stronger in each phase than you were the first time.

If you wish to remain sharp and having proved your commitment to this program, then contact me directly to discuss continuing your golf conditioning program.

Get in touch, I'll look forward to hearing from you: [colin@CoconuFitness.com](mailto:colin@CoconuFitness.com)

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