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**KEISER  
GOLF  
FITNESS  
TRAINING.**

**BE POWERFUL.**

**KEISER®**  
THE POWER IN HUMAN PERFORMANCE

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## Golf Fitness...

...and golf-specific training have gained enormous popularity in the last several years due, in large part, to many of the leading tour professionals discussing their training habits. To improve golf performance through training, the golfer must step outside the box and realize that simple traditional strength and conditioning will not be adequate to maximize performance.

The movements performed in training must serve a purpose outside of simply trying to get the athlete stronger and have the ability to lift more weight; that means little to nothing to a golfer on the course.

To improve golf performance, the performance specialist must understand the movement and the physical capacities necessary to perform at the highest level consistently. Keiser affords an exclusive and previously unobtainable method of training for golf in which we can train for rotational power and stability.



# Golf Swing Matrix

## Sagittal

**Set Up** Grab one handle with pulley arm at the low position. Face perpendicular to the machine, taking a base stance. As you reach across your body toward the equipment, step in front of your inside foot with your outside foot. Keep your weight predominantly on the inside foot.

**Action** Initiate the rowing movement as if you were swinging a club, pushing off the inside foot and using the hip of the inside leg. As you row/swing, step forward and through with the outside leg. Repeat 5 times before advancing to the next sequence in the matrix.

## Transverse

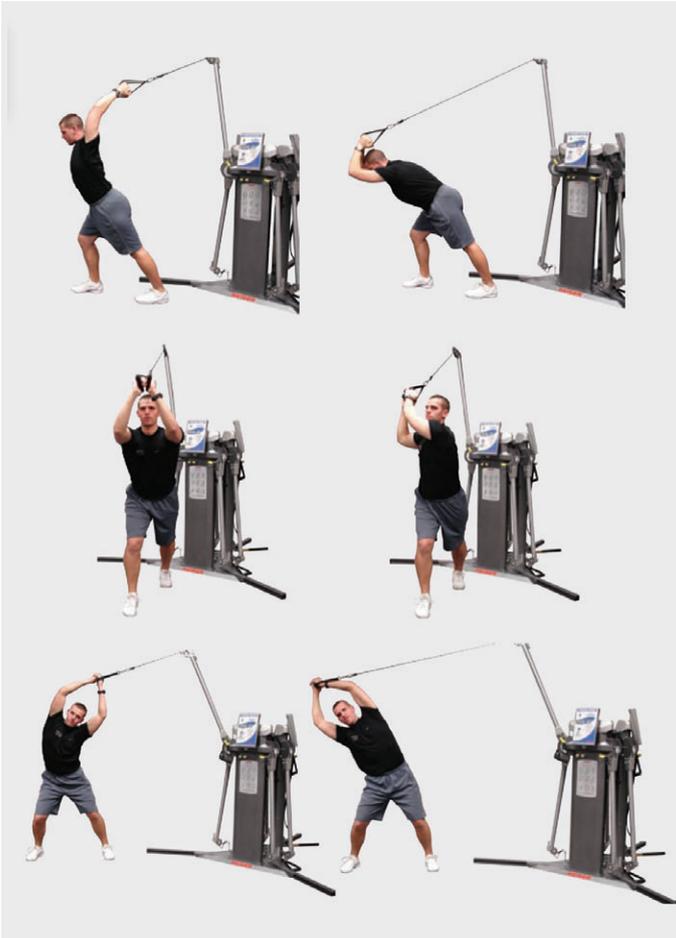
**Set Up** Grab one handle with pulley arm stationed at the bottom. Taking a base stance, face perpendicular to the machine.

**Action** Initiate the rowing movement as if you were swinging a club, pushing off the inside foot and using the hip of the inside leg. As you row/swing, step out with the outside leg. Repeat 5 times before advancing to the next sequence in the matrix.

## Frontal

**Set Up** Grab one handle with pulley arm stationed at the bottom. Taking a base stance, face perpendicular to the machine.

**Action** Initiate the rowing movement as if you were swinging a club, pushing off the inside foot and using the hip of the inside leg. As you row/swing, drop-step open with the outside leg. Repeat 5 times before performing the matrix on the other side.



# Overhead Pulley Matrix

## Sagittal

**Set Up** Facing away from the equipment, assume a split stance and grab two handles attached to one arm of the machine. Use the stretch/load that the equipment provides through your core to produce the motion, not your arms and hands. Make sure to activate the glute on the back leg to avoid back pain.

**Action** While activating the glute on the back leg, reach up and back with both arms to load (i.e., stretch) the abdominal. Using the core, accelerate straight forward with your body first, then with your arms.

## Transverse

**Set Up** Facing away from the equipment, assume a split stance and grab two handles attached to one arm of the machine. Begin with your hands in front of your face. You should feel a stretch through the core as you reach up and back. Focus on using that load to produce the desired movement.

**Action** While activating the glute on the back leg, rotate your shoulders towards the side of the front leg and reach your arms up and back. Using your core, accelerate back to the starting position by rotating.

## Frontal

**Set Up** Facing perpendicular to the equipment, grab a single handle and assume a base stance with both arms directly overhead. This movement is side-to-side in nature with no forward/backward or rotational movement. Avoid pulling with your arms and allow your core to do the work.

**Action** Bend towards the equipment in a side-to-side manner. Using the muscles that were engaged to stretch, bend away from the equipment. Perform 10 repetitions before switching sides.



## Base Stance

### Wood Chop

**Start** Facing perpendicular to the equipment, grab a single handle with both hands and take a base stance.

**Action** Rotate your shoulders toward the equipment then turn away from it using the loaded abdominal and the hip nearest the machine. Perform 10 repetitions before changing sides.

**Coaching** Cue Think of your spine as a pole around which you can only rotate – no lateral or forward/backward translation. Use the hips and core muscles rather than the arms to produce the movement.



### Cable Lift

**Start** Standing perpendicular to the equipment, grab a stick or rope with the outside hand and assume your base stance.

**Action** Rotate around your spine and reach toward the equipment. Push off the inside foot and drive the inside hip to initiate the movement. As you rotate, pull the cable up and across to your outside shoulder by pulling your shoulder blade back and down. Continue the movement by grabbing the stick with the inside hand and pushing it up as you rotate. Perform 10 repetitions before changing sides.

**Coaching** Cue Keep your chest up and avoid flexing forward as you rotate toward the equipment. The movement is continuous in nature but you can begin by breaking the movement into its constituents.



## Base Stance

### Cable Chop

**Start** Standing perpendicular to the equipment, grab a stick or rope with the outside hand and assume your base stance.

**Action** Rotate around your spine and reach toward the equipment. Push off the inside foot and drive the inside hip to initiate the movement. As you rotate, pull the cable down and across to your outside shoulder by pulling your shoulder blade back and down. Continue the movement by grabbing the stick with the inside hand and pushing it down as you rotate. Perform 10 repetitions before changing sides.

**Coaching** Cue Keep your chest up and avoid flexing forward as you rotate toward the equipment. The movement is continuous in nature but you can begin by breaking the movement into its constituents.



### Single Squat to Row

**Start** Facing the equipment, grab a single handle with one hand and assume your base stance.

**Action** Squat and reach forward toward the machine. Reverse the movement by driving the heels through the floor and extending through the hips and knees while simultaneously rowing the cable. Perform 10 repetitions then switch sides.

**Coaching** Cue Maintain perfect posture and perform the rowing motion by driving the shoulder blade back and down.



## Pec Mob

**Start** Facing away from the equipment, grab one handle and take a split stance with the same-side foot forward.

**Action** Turn your torso and shoulders away from the machine to create separation and stretch the pec of the side holding the cable. Hold the stretch for two seconds and then rotate back toward the machine to come out of the stretch. Repeat 10 times, then perform on the opposite side.

**Coaching** Cue Create the turning motion by using the ground (i.e., pushing the foot into the ground) and the stretch created across the abdominal.



## X Pull Pown

**Start** Facing the equipment, grasp both handles, one in each hand. Cross your arms in front of you and kneel on the floor or sit on a physioball.

**Action** Reach up and across and pull the cables down by driving your shoulder blades back and down. Repeat 10 times.

**Coaching** Cue Begin with your palms facing the equipment and as you pull the cables, rotate your hands so that your palms are facing away at the end. Keep your chest up the entire time and avoid allowing your shoulders to be rounded at the end.



## Posterior Chain Matrix

### Sagittal

**Start** Facing the equipment, grab a handle with both hands and take your base stance.

**Action** Sit your hips back and down and reach your arms forward toward the equipment. Explosively extend at the hips and knees by driving your heels through the ground. Simultaneously raise your arms above your head. Repeat 10 times.

**Coaching** Cue Initiate the movement with your hips, not your arms. Squeeze your glutes at the top of the movement when you are fully extended.



### Transverse

**Start** Facing the equipment, grab a handle with both hands and take your base stance.

**Action** Sit your hips back and down and reach your arms forward toward the equipment. Explosively extend at the hips and knees by driving your heels through the ground. Simultaneously rotate your shoulders and raise your arms above your head. Alternate sides and perform 10 repetitions on each.

**Coaching** Cue Initiate the movement with your hips, not your arms. Squeeze your glutes at the top of the movement when you are fully extended.



# THE POSSIBILITIES ARE ENDLESS

## ANY SPEED, ANY ANGLE, ANY RESISTANCE

“ Keiser’s versatility working in the transverse plane critical to athletic improvement. Their pneumatic resistance equipment is used extensively to train both pro and aspiring pro athletes. We use Keiser to increase Power output and to significantly improve results. Keiser is the key to Power improvement... period! ”

**Brian Martin** TEST Sports Clubs

“ Exercises you only dreamed about before. This equipment will make other pieces obsolete. Unlimited speeds allow for the full-velocity spectrum. I wouldn’t buy anything else! ”

**MikeBoyle** Author “Functional Training for Sports”

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