

**JON HODGKINSON**

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**G O L F F I T N E S S**

# Welcome!

Thank you for downloading my 30-day mobility challenge for golfers.

I created this challenge to help you play better, more often, and for longer. More specifically, this program is designed to:

- Address physical limitations that may be affecting how well you can swing the golf club and, consequently, robbing you of distance and consistency.
- Alleviate any golf-related pain you are currently experiencing (particularly in the back, shoulders and knees).
- Reduce your chance of golf-related injuries in the future.

Key areas this program will focus on include:

## **Core Stability:**

Core stability is one of the most important attributes you need to develop as a golfer because it reduces the amount of force your lower back is exposed to during the swing. Your core also generates power at impact as you hit through the ball.

## **Hip Rotation:**

Lack of hip rotation is one of the main causes of lower back pain in the golf swing. An inability to rotate through the hips will also often lead to excessive lateral movement and a loss of power.

## **Upper Back (Thoracic) Extension:**

A lack of thoracic extension is characterised by a rounding of the upper spine and hunched over posture. Improving thoracic extension will help you create a stronger set up position and allow you to create a greater turn into the backswing.

## **Upper Back (Thoracic) Rotation:**

Without sufficient thoracic rotation you are likely to find extra rotation through the lower back which leads to pain and injuries. Thoracic rotation is also a key attribute needed to generate speed and power in the golf swing.

## **Shoulder External Rotation:**

If your external rotation is limited on the trail side, this is likely to cause a flat shoulder plane or a loss of posture in the backswing. If your lead shoulder is limited in external rotation, this will often lead to a steeper angle of attack or coming over the top in the downswing.

### **Lat Mobility:**

The Latissimus Dorsi is a major contributor to power in the golf swing. Tightness and restriction in this area greatly limits your ability to create height and width in the backswing, which results in a loss of posture and balance.

### **Glute Strength:**

The glutes provide strength and support around the hips and pelvis. If you lack glute strength you'll likely struggle to keep your balance and transition into your lead leg when hitting through the ball.

### **Balance:**

Loss of balance during the golf swing results in the arms and hands having to take over to correct the club path, which often leads to a loss of power and poor strike consistency.

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## **How the challenge works**

Each day there are 5-6 exercises.

Perform the exercises in the order they are listed once or twice per day. Once in the morning and once in the evening, and/or before playing golf, is ideal.

You can click on the name of any exercise for a video demonstration.

In the beginning, as you learn the exercises, each session will likely take you about 15-20 minutes. This will come down to about 5-10 minutes as you become more familiar with the exercises.

The exercises get more challenging over time. If you find yourself struggling, keep repeating the 6-day block you are on until you feel ready to proceed.

There is a column on the charts to track your progress. You can record the number of reps (or time) that you managed, or simply tick off each exercise as you complete them.

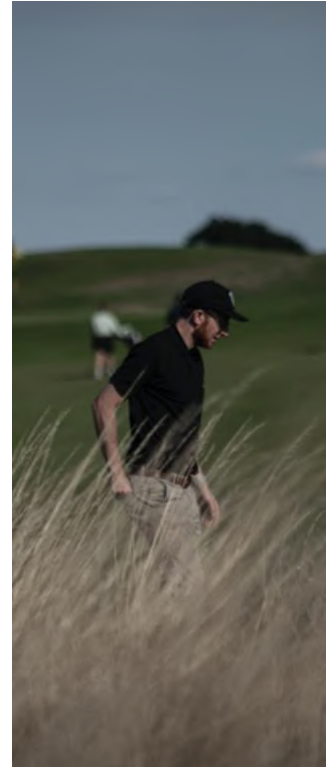
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## About Jon Hodgkinson

Jon Hodgkinson is a TPI certified personal trainer and biomechanics coach who specialises in helping golfers improve their movement and eliminate pain so they can play better, for longer.

He has more than 10 years of hands-on experience and holds the following qualifications: TPI Level 1, Biomechanics Coach Diploma, Level 3 Exercise Referral Diploma, Level 3 Certificate in Personal Training, Level 4 Certificate in Exercise and Nutritional Interventions for Obesity and Diabetes, and an Honours Degree in Public Health & Human Biology.

Jon is based at a private studio in Dronfield, UK.



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# DAYS 1-6

	#	Exercises	Reps/Time	Completed?
Day 1	1	Supine Glute Medius Stretch	60 secs e/s	
	2	Cat Stretch	15 up/down	
	3	Static Chest Stretch	60 secs e/s	
	4	Active Calf Stretch	15 e/s	
	5	Quadruped Hold w/Breathing	3x3 breaths in/out	
	6	3-Point Balance	3 rounds e/s	
Day 2	1	1/2 Kneeling Adductor Stretch	5x5 sec hold e/s	
	2	Supine Shoulder Rolls	15 e/s	
	3	Kneeling Lat. Dorsi Stretch	3x10 sec hold e/s	
	4	Glute Bridge	15x5 sec hold	
	5	3-Point Balance	Up to 5 rounds e/s	
Day 3	1	Supine Glute Medius Stretch	60 secs e/s	
	2	Cat Stretch	15 up/down	
	3	Static Chest Stretch	60 secs e/s	
	4	Active Calf Stretch	15 e/s	
	5	Quadruped Hold w/Breathing	3x3 breaths in/out	
	6	3-Point Balance	3 rounds e/s	
Day 4	1	1/2 Kneeling Adductor Stretch	5x5 sec hold e/s	
	2	Supine Shoulder Rolls	15 e/s	
	3	Kneeling Lat. Dorsi Stretch	3x10 sec hold e/s	
	4	Glute Bridge	15x5 sec hold	
	5	Unstable 3-Point Balance	3 rounds e/s	
Day 5	1	Supine Glute Medius Stretch	60 secs e/s	
	2	Cat Stretch	15 up/down	
	3	Static Chest Stretch	60 secs e/s	
	4	Active Calf Stretch	15 e/s	
	5	Quadruped Hold w/ Shoulder Tap	5 e/s	
	6	Unstable 3-Point Balance	3 rounds e/s	
Day 6	1	1/2 Kneeling Adductor Stretch	5x5 sec hold e/s	
	2	Supine Shoulder Rolls	15 e/s	
	3	Kneeling Lat. Dorsi Stretch	3x10 sec hold e/s	
	4	Glute Bridge	15x5 sec hold	
	5	Unstable 3-Point Balance	3 rounds e/s	

Key: e/s = each side; sec(s) = second(s); 5x5 = 5 rounds of 5 reps.  
 Click on any exercise name for a video demonstration.

# DAYS 7-12

	#	Exercises	Reps/Time	Completed?
Day 7	1	Supine Knee Drops	12 e/s	
	2	Prone ½ Cobra	3x10 sec hold	
	3	Supine Ext. Shoulder Rotations	15	
	4	Ankle Mobility Against Wall	15 e/s	
	5	Full Plank	3x5 breaths	
	6	Lateral Step to Balance	12 e/s w/ pause	
Day 8	1	Standing Hip Ext. Rotations	15 e/s w/ pause	
	2	Quadruped Thoracic Rotations	8 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	8 e/s	
	5	Lateral Step to Balance	12 e/s w/ pause	
Day 9	1	Supine Knee Drops	12 e/s	
	2	Prone ½ Cobra	3x10 sec hold	
	3	Supine Ext. Shoulder Rotations	15	
	4	Ankle Mobility Against Wall	15 e/s	
	5	Full Plank	3x5 breaths	
	6	Lateral Step to Balance	12 e/s w/ pause	
Day 10	1	Standing Hip Ext. Rotations	15 e/s w/ pause	
	2	Quadruped Thoracic Rotations	8 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	8 e/s	
	5	Lateral Step to Balance	12 e/s w/ pause	
Day 11	1	Supine Knee Drops	12 e/s	
	2	Prone ½ Cobra	3x10 sec hold	
	3	Supine Ext. Shoulder Rotations	15	
	4	Ankle Mobility Against Wall	15 e/s	
	5	Full Plank w/ Leg Lift	2x5 e/s	
	6	Lateral Step to Balance	12 e/s w/ pause	
Day 12	1	Standing Hip Ext. Rotations	15 e/s w/ pause	
	2	Quadruped Thoracic Rotations	8 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	8 e/s	
	5	Lateral Step to Balance	12 e/s w/ pause	

Key: w/ pause = hold contraction/balance for 2 secs before next rep.  
 Click on any exercise name for a video demonstration.

# DAYS 13-18

	#	Exercises	Reps/Time	Completed?
Day 13	1	Lower Quarter Rotation	12 e/s	
	2	Thoracic Extension w/ Dowel	3x10 sec hold	
	3	Supine Shoulder Glides	15	
	4	Toes Up Calf Raise	15	
	5	Quadruped Hold w/ Shoulder Tap	2x5 e/s	
	6	Single-Leg Deadlift w/ Reach	12 e/s	
Day 14	1	Quadruped Hip Circles	8 e/s	
	2	Seated Thoracic Rotations	12 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	12 e/s	
	5	Single-Leg Deadlift w/ Reach	12 e/s	
Day 15	1	Lower Quarter Rotation	12 e/s	
	2	Thoracic Extension w/ Dowel	3x10 sec hold	
	3	Supine Shoulder Glides	15	
	4	Toes Up Calf Raise	15	
	5	Quadruped Hold w/ Shoulder Tap	2x5 e/s	
	6	Single-Leg Deadlift w/ Reach	12 e/s	
Day 16	1	Quadruped Hip Circles	8 e/s	
	2	Seated Thoracic Rotations	12 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	12 e/s	
	5	Single-Leg Deadlift w/ Reach	12 e/s	
Day 17	1	Lower Quarter Rotation	12 e/s	
	2	Thoracic Extension w/ Dowel	3x10 sec hold	
	3	Supine Shoulder Glides	15	
	4	Toes Up Calf Raise	15	
	5	Quadruped Hold w/ Shoulder Tap	2x5 e/s	
	6	Single-Leg Deadlift w/ Reach	12 e/s	
Day 18	1	Quadruped Hip Circles	8 e/s	
	2	Seated Thoracic Rotations	12 e/s	
	3	Supine Shoulder Flexions	15	
	4	Glute Bridge March	12 e/s	
	5	Single-Leg Deadlift w/ Reach	12 e/s	

Key: e/s = each side; sec(s) = second(s); 5x5 = 5 rounds of 5 reps.  
 Click on any exercise name for a video demonstration.

# DAYS 19-24

	#	Exercises	Reps/Time	Completed?
Day 19	1	90/90 Hip Mobility	10 e/s	
	2	Prone Scapular Retractions	12	
	3	Address Ext. Shoulder Rotation	12 e/s	
	4	Heels Raised Squat	15	
	5	Split Stance Side Bend w/ Reach	12 e/s	
	6	Lateral Hop to Balance	12 e/s	
Day 20	1	90/90 Hip Mobility	10 e/s	
	2	Side-Lying Chest Opener	8 e/s	
	3	Prone Scaption	12	
	4	Single-Leg Glute Bridge	8x2 sec hold	
	5	Single-Leg Aeroplane	5 e/s	
Day 21	1	90/90 Hip Mobility	10 e/s	
	2	Prone Scapular Retractions	12	
	3	Address Ext. Shoulder Rotation	12 e/s	
	4	Heels Raised Squat	15	
	5	Split Stance Side Bend w/ Reach	12 e/s	
	6	Lateral Hop to Balance	12 e/s	
Day 22	1	90/90 Hip Mobility	10 e/s	
	2	Side-Lying Chest Opener	8 e/s	
	3	Prone Scaption	12	
	4	Single-Leg Glute Bridge	8x2 sec hold	
	5	Single-Leg Aeroplane	5 e/s	
Day 23	1	90/90 Hip Mobility	10 e/s	
	2	Prone Scapular Retractions	12	
	3	Address Ext. Shoulder Rotation	12 e/s	
	4	Heels Raised Squat	15	
	5	Split Stance Side Bend w/ Reach	12 e/s	
	6	Lateral Hop to Balance	12 e/s	
Day 24	1	90/90 Hip Mobility	10 e/s	
	2	Side-Lying Chest Opener	8 e/s	
	3	Prone Scaption	12	
	4	Single-Leg Glute Bridge	8x2 sec hold	
	5	Single-Leg Aeroplane	5 e/s	

Key: e/s = each side; sec(s) = second(s); 5x5 = 5 rounds of 5 reps.  
 Click on any exercise name for a video demonstration.



# DAYS 25-30

	#	Exercises	Reps/Time	Completed?
Day 25	1	Supine Glute Medius Stretch	60 secs e/s	
	2	90/90 Hip Mobility	10 e/s	
	3	Prone Scapular Retractions	12	
	4	Address Pos. Scapular Retractions	15x2 sec hold	
	5	Heels Raised Squat	15	
	6	Split Stance Side Bend w/ Reach	15 e/s	
	7	Speed Skaters	2x8 e/s	
Day 26	1	½ Kneeling Adductor Stretch	5x5 secs e/s	
	2	Quadruped Hip Circles	8 e/s	
	3	Side-Lying Chest Opener	8 e/s	
	4	Lat Dorsi Stretch	3x10 secs e/s	
	5	Prone Scaption	15	
	6	Glute March	15 e/s	
	7	Single-Leg Aeroplane	5 e/s	
Day 27	1	Supine Glute Medius Stretch	60 secs e/s	
	2	90/90 Hip Mobility	10 e/s	
	3	Prone Scapular Retractions	12	
	4	Address Pos. Scapular Retractions	15x2 sec hold	
	5	Heels Raised Squat	15	
	6	Split Stance Side Bend w/ Reach	15 e/s	
	7	Speed Skaters	2x8 e/s	
Day 28	1	½ Kneeling Adductor Stretch	5x5 secs e/s	
	2	Quadruped Hip Circles	8 e/s	
	3	Side-Lying Chest Opener	8 e/s	
	4	Lat Dorsi Stretch	3x10 secs e/s	
	5	Prone Scaption	15	
	6	Glute March	15 e/s	
	7	Single-Leg Aeroplane	5 e/s	
Day 29	1	Supine Glute Medius Stretch	60 secs e/s	
	2	90/90 Hip Mobility	10 e/s	
	3	Prone Scapular Retractions	12	
	4	Address Pos. Scapular Retractions	15x2 sec hold	
	5	Heels Raised Squat	15	
	6	Split Stance Side Bend w/ Reach	15 e/s	
	7	Speed Skaters	2x8 e/s	
Day 30	1	½ Kneeling Adductor Stretch	5x5 secs e/s	
	2	Quadruped Hip Circles	8 e/s	
	3	Side-Lying Chest Opener	8 e/s	
	4	Lat Dorsi Stretch	3x10 secs e/s	
	5	Prone Scaption	15	
	6	Glute March	15 e/s	
	7	Single-Leg Aeroplane	5 e/s	