

## Kash Tamadon

### Week 1 Control

Sets	Reps	Name of Exercise	Weight	Tempo
<b>Activation</b>				
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
<b>Mobility</b>				
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 – 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
<b>Resistance</b>				
1	15	Single arm Cable chest press	5	slow
1	15	Single arm row golf posture	5	slow
1	15	Split stance Cable rotation	5	slow
1	15	Split squats Dumbbells	No weight	slow
1	15	Single arm single leg shoulder press Dumbbells	4 kgs	slow
1	15	Single arm single leg bicep curl Dumbbells	6 kgs	slow
<b>X trainer</b>				
	12 mins	2 mins Level 4 speed 10.0 2 mins Level speed 12.0		
<b>Proprioception</b>				
1	15	Single leg stiff leg deadlift		slow

## Kash Tamadon

### Week 2 Control

Sets	Reps	Name of Exercise	Weight	Tempo
<b>Activation</b>				
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
<b>Mobility</b>				
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 – 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
<b>Resistance</b>				
2	10	Single arm Cable chest press	6	slow
2	10	Single arm row golf posture cable	6	slow
2	10	Split stance Cable rotation	6	slow
2	10	Split squats Dumbbells	2x 4kgs	slow
2	10	Single arm single leg shoulder press Dumbbells	2x 6kgs	slow
2	10	Single arm single leg bicep curl Dumbbells	2x 8kgs	slow
<b>X trainer</b>				
	15 mins	2 mins Level 4 speed 10.0 3 mins Level 6 speed 12.0		
<b>Proprioception</b>				
1	15	Single leg stiff leg deadlift		slow

## Kash Tamadon

### Week 3 Eccentric

Sets	Reps	Name of Exercise	Weight	Tempo
		<b>Activation</b>		
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
		<b>Mobility</b>		slow
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 – 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
		<b>Resistance</b>		
3	8	Deadlift Dumbbells	2x 12kgs	3 to 1
3	8	Chest press Dumbbells	2x 8kgs	3 to 1
3	8	Front squat Dumbbells	2x 6kgs	3 to 1
3	8	Lat pulldown swiss ball cable	8	3 to 1
		<b>X trainer</b>		
	18 mins	2 mins Level 4 speed 10.0 4 mins Level 6 speed 12.0		
		<b>Proprioception</b>		
1	15	Single leg rotations in golf posture		slow

## Kash Tamadon

### Week 4 Eccentric

Sets	Reps	Name of Exercise	Weight	Tempo
		<b>Activation</b>		
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
		<b>Mobility</b>		slow
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 – 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
		<b>Resistance</b>		
4	8	Deadlift Dumbbells	2x 12kgs	3 to 1
4	8	Bench press Dumbbells	2x 8kgs	3 to 1
4	8	Front Squat Dumbbells	2x 6kgs	3 to 1
4	8	Lat pulldown Cable Machine	8	3 to 1
		<b>X trainer</b>		
	12 mins	2 mins Level 4 speed 10.0 2 mins Level 7 speed 12.0		
		<b>Proprioception</b>		
1	15	Single leg rotations in golf posture		

## Kash Tamadon

### Week 5 Speed

Sets	Reps	Name of Exercise	Weight	Tempo
		<b>Activation</b>		
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
		<b>Mobility</b>		slow
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 - 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
		<b>Resistance</b>		
3	8	Single arm Cable chest press	7	Fast
3	8	Golf posture cable row	7	Fast
3	8	Split squat cable rotation	7	Fast
3	8	Rotational jumps	Body weight	Fast
		<b>X trainer</b>		
	15 mins	2 mins Level 4 speed 10.0 3 mins Level 7 speed 12.0		
		<b>Proprioception</b>		
1	15	Reverse lunge plus step up and rotation		

## Kash Tamadon

### Week 6 Speed

Sets	Reps	Name of Exercise	Weight	Tempo
		<b>Activation</b>		
1	10	Mini band walks		slow
1	10	Mini band Squats		slow
1	10	Mini band glute bridges		slow
1	10	Pavlov press		slow
1	30	Side plank		slow
		<b>Mobility</b>		slow
1	10	Hip hinges		slow
1	10	Rainbow stretch		slow
1	10	90 - 90 stretch		slow
1	10	Wall angles		slow
1	10	Kneeling t spine stretch		slow
		<b>Resistance</b>		
4	8	Single arm Cable chest press	7	Fast
4	8	Golf posture cable row	7	Fast
4	8	Split squat cable rotation	7	Fast
4	8	Rotational jumps	Bodyweight	Fast
		<b>X trainer</b>		
	18 mins	2 mins Level 4 speed 10.0 4 mins Level 7 speed 12.0		
		<b>Proprioception</b>		
1	15	Reverse lunge plus step up and rotation		