



— A 7-DAY TRAINING PRIMER

Rotate. Drive.

Seven days of mobility and rotational power built for golfers — the strength side of the game. Not swing coaching. The body that lets the swing work: open hips, a free spine, and a chain that fires in order.

THE METHOD

HOW TO USE THIS PRIMER

THE SWING IS YOURS. THE BODY UNDER IT IS MINE.

Let's be clear on lanes: **I don't coach your swing.** I build the engine that powers it. Golf is the most rotational sport there is — more range than almost anything else — and most amateurs leak power not from bad mechanics but from a body that can't rotate, can't stabilize, and can't transfer force from the ground up.

That's the gap this primer closes. The same four pillars every athlete trains apply here — but golf shifts the

weight toward **mobility** and **power**, with strength and stability holding it together.

Each day runs in four blocks: a **mobility** piece, a **power** piece, a **strength** piece, and a **stability** finisher. Kettlebells carry most of the load — they're the one tool that trains hinge, rotation, and grip at once.

Run it for a week. Move with control before speed. A free, stable, powerful body is what lets a good swing repeat — and lets you walk 18 without falling apart.

Build the body. The game follows.

THE FOUR PILLARS — GOLF WEIGHTING

01 MOBILITY Hips & t-spine — the rotation the swing demands.	02 POWER Rotational force — ground up, hips to club.	03 STRENGTH Posterior chain & legs — your power base.	04 STABILITY Anti-rotation core — control the force you make.
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YOUR KIT — THREE TOOLS

1× KETTLEBELL	RESISTANCE BAND	MED BALL (OPT.)	A WALL	A TIMER
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THE WEEK — PART I

DAYS 01 — 04

DAY 01 OPEN

35–45 MIN

HIPS & T-SPINE

MOBILITY

MOBILITY

Open books 3×8/side · **90/90 hip switches** 3×8 · **thread the needle** 2×8/side.

STRENGTH

KB goblet squat 4×10 (deep, pause at bottom).

POWER

KB halo 3×8/dir — slow, controlled, full range.

STABILITY

Bird dog 3×8/side — no hip rotation.

DAY 02 COIL

40–45 MIN

ROTATIONAL POWER

POWER

MOBILITY

Standing trunk rotations 2×10/side — warm the coil.

STRENGTH

KB windmill 3×5/side · **KB clean** 4×6/side.

POWER

Band/cable chop high-to-low 4×8/side · **med ball rotational throw** 4×6/side (or band toss).

STABILITY

Pallof press 3×10/side — resist the twist.

DAY 03 BASE

40–50 MIN

POSTERIOR CHAIN STRENGTH

STRENGTH

MOBILITY

Hip flexor stretch 2×45s/side · **ankle rocks** 2×10/side.

STRENGTH

KB deadlift 4×8 · **single-leg RDL** 4×8/side (balance + chain).

POWER

KB swing 5×12 — explosive hinge, the root of rotational power.

STABILITY

Suitcase carry 4×30m/side — anti-lateral-flexion.

DAY 04 FLOW

25–30 MIN

MOBILITY FLOW & RECOVERY

MOBILITY

MOBILITY

Full flow 12 min — hips, t-spine, shoulders, wrists/forearms.

STRENGTH

Band pull-apart 3×15 · **scap rows** 3×12.

POWER

None — let the nervous system recover.

STABILITY

Dead bug 3×8/side · slow breathing.

THE WEEK — PART II

DAYS 05 — 07

DAY 05 LOCK

35-40 MIN

ANTI-ROTATION & CORE

STABILITY

MOBILITY

Hip airplanes 2×6/side — control through rotation.

STRENGTH

KB front-rack carry 4×30m/side.

POWER

Band rotational punch 3×10/side — fast, then control the return.

STABILITY

Pallof iso-hold 3×30s/side · **side plank** 3×30s/side.

DAY 06 BUILD

45-50 MIN

FULL-BODY POWER + STRENGTH

POWER

MOBILITY

Dynamic warm-up 6 min — leg swings, trunk rotations.

STRENGTH

KB goblet squat 4×8 · **KB push press** 4×6/side · **Turkish get-up** 3×2/side.

POWER

KB swing 4×15 · **rotational chop** low-to-high 4×8/side.

STABILITY

Bird dog row 3×8/side.

DAY 07 WALK

30+ MIN

RECOVERY & THE ROUND

MOBILITY

MOBILITY

Full 15-min flow. Open the hips and spine you'll need on the course.

STRENGTH

None.

POWER

None. Recovery is where the adaptation lands.

STABILITY

Walk 18 (or 10,000 steps). Golf is a walking sport — build the base that carries you through the back nine.

THE CHAIN

WHERE POWER COMES FROM

FORCE IS BUILT FROM THE GROUND UP — TRAIN IT IN ORDER

1 GROUND

Force starts at the feet. Strong base, stable ankles.

2 HIPS

The engine. Mobility + explosive hinge = your power source.

3 CORE

The transmission. Anti-rotation strength transfers force up.

4 T-SPINE

The amplifier. Free rotation = more range, more speed.

5 ARMS

The last link — not the source. Loose, fast, along for the ride.

5-MINUTE PRE-ROUND MOBILITY FLOW

STEP 01

Open Books

8/side. Wake up t-spine rotation.

STEP 02

90/90 Switch

8/side. Free the hips both directions.

STEP 03

Trunk Twists

10/side. Standing, controlled, full range.

STEP 04

Leg Swings

10/side each direction. Dynamic hip prep.

STEP 05

Slow Swings

5 reps, easy. Groove the hinge before you tee off.

BUILD THE ENGINE.

This primer is the strength side of your game. Want it programmed to you? Golf-strength coaching built around the four pillars — and when you need swing mechanics, I'll point you to a coach who lives in that lane. Strength and mobility are mine.

START GOLF-STRENGTH COACHING

Built for rotation · paired with swing-mechanics referral

GET STARTED →