



## Strength vs. Endurance

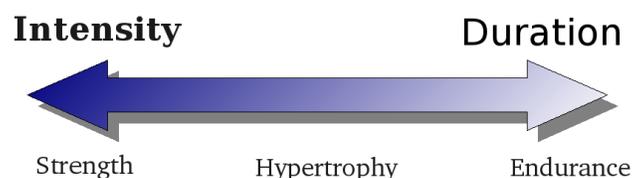
### **Basics of Building Muscle and Endurance**

Strength is developed when more load is given across a muscle group. As the load becomes heavier, we adapt to lifting it. If you want to build strength, when you are working out in the gym general set/rep ranges are 3 sets of 8-12 reps.

- ❖ when you build strength, you inherently build endurance.

Endurance is developed when a lighter load is given *throughout time* across a muscle group. As the load and time increase, we adapt to lifting it for longer periods. This is also a terrific way to burn fat and lose weight. If you want to build endurance, when you are working out in the gym general set/rep ranges are 3 sets of 15-20 reps.

- ❖ When you build endurance, you are more likely to lose some muscle mass. (think of endurance athletes like track). However, this is when training excessively. Find what works for you based on your goals!



### **Isometric and Eccentric Exercise: Ultimate Muscle Activation**

Isometric – holding a muscle contraction (e.g. plank)

Eccentric – Lengthening muscle contraction, opposite of any contraction. Training eccentrically means to slow down the movement. (e.g. returning to starting position of a dumbbell bicep curl).

Why does this type of training increase muscle activation? Variety keeps our muscles guessing. Isometric and Eccentric are both just another way to activate our muscles differently, recruiting more muscle, expending energy differently, and that ultimately leaves us better prepared.

## **Eccentric Isometrics – 7 movement patterns**

Maximizing stability, power, motor control, and proprioception. Minimizes muscle dysfunction and inflammation. Promotes correct exercise technique and recovery time.

### Squat

Back Squat: slow on the way down, hold at the bottom, then propel up to starting position.

### Horizontal Pull

Seated Row 2 ways. 1. Unrack weights and hold tension in shoulders/back. 2. Pull to chest quickly then slow on the way out, hold when arms are outstretched.

### Horizontal Push

Push up: slow on the way down, hold, then propel up.

Incline Bench Press: Slow on the way down, hold, then back to starting position.

### Hinge

Deadlift: Slow on the way down, hold, back to starting position.

### Vertical Pull

Lat Pull down or Pull up: fast on the way up, slow on the way down.

### Vertical Push

Overhead Press: fast on the way up, slow on the way down.

### Lunge

Split lunge: down slow, hold, up quickly.

## **Recommendations for Golfers**

Important muscles to strengthen: glutes and core

Endurance: Based on how often golfers rotate and swing a club, we need to make sure we have healthy rotation habits and a healthy back. Work on becoming efficient in rotation to improve your game. This could mean strength to improve your drive or endurance to not feel sluggish in the back 9.

We recommend a combination of the two for overall healthier system and more mobility, less injury. You can incorporate both by doing interval training or simply adding equal amounts of strength and endurance training to your program. See below for examples.

High recommend full body programs!! This will reduce fatigue.

- ❖ Strength is not associated with muscle size. The brain and nervous system that innervate muscle dictate power.

<b>Strength Focus</b>	<b>sets x reps</b>	<b>Endurance Focus</b>	<b>sets x reps</b>
Supine Bridge	3 x 8	Supine Bridge	3 x 20
45 Degree Front Raise	2 x 10	45 Degree Front Raise	2 x 15
Step Up	3 x 8	Step Up	2 x 20
Straight Bar Bicep Curl	3 x 12	Straight Bar Bicep Curl	3 x 15
Rope Face Pull	3 x 12	Rope Face Pull	3 x 15
Leg Curl	3 x 8	Leg Curl	2 x 15
Pallof Press	2 x 8	Pallof Press	2 x 12
Plank	2 x 30s	Plank	2 x 1min

<b>Strength &amp; Endurance</b>	<b>sets x reps</b>	<b>Golf Specific</b>	<b>sets x reps</b>
Supine Bridge	3 x 15	Romanian Deadlift or SL Bridge	2/6
45 Degree Front Raise	3 x 8	Push Up with Twist (No Hip Turn)	3 x 10
Step Up	3 x 12	Squat	2 x 6
Straight Bar Bicep Curl	3 x 12	Cable Row	3 x 10
Rope Face Pull	3 x 8	Medicine Ball Toss or Cable Rotation	2 x 8
Leg Curl	3 x 15	Straight Arm Lat Pulldown	2 x 8
Pallof Press	2 x 8		
Plank	2 x 1 min		