

THE ULTIMATE GOLF WORKOUT

SAFETY GUIDE 2.0

**AVOID THE 5 FATAL MISTAKES
AND PROTECT YOUR SWING**

 **18STRONG**

THE ULTIMATE GOLF WORKOUT SAFETY GUIDE 2.0:

Avoid The 5 Fatal Mistakes And
Protect Your Swing

Golf's #1 Fitness Training App



START YOUR FREE TRIAL

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All Of That Work Down The Drain!

Last fall, I got a call in the middle of the afternoon from my wife that her car had died at the stoplight about two miles from our house. Without warning, it just stopped, and she couldn't get it to start again. So, I quit what I was doing, hopped in my vehicle and headed her direction.

It took me less than 10 minutes to get there, but by the time I arrived, a tow truck already had her black SUV loaded on the flatbed and was heading toward Tim the mechanic.

When we got to the repair shop, I talked to Tim and told him what had happened, and that we hadn't had any issues with her truck. He told me he was going to take a look and he'd call me the following day.

Around noon the next day, Tim called and told me all the things they had done to diagnose the problem, but had finally figured it out. They worked on the fuel filter, the fuel pump, the hose that carries gas to the engine...they knew the engine wasn't getting gas, they just didn't know why. Until...

Yup, you guessed it. The car was out of gas!

These guys had worked on the WRONG things for three hours and \$350 later, just to tell me it was out of gas. I was disgusted that I had flushed \$350 down the drain (needless to say, I haven't been back to that mechanic).

But here's the thing: I see that happen to golfers every day.

These guys work their tails off in the gym to play better golf and it's a complete waste of their time because they're doing it completely wrong. Like those mechanics, they're working on and trying to fix the wrong things.

You know that sinking feeling I had when I knew I had set \$350 on fire?

Well, multiply that by 1000, when you realize everything you're doing in the gym or at home is not helping your swing at all. Or in a lot of cases, hurting your swing.

And that is the inspiration for this Safety Guide.

In the following pages, I not only want to show you the five most common mistakes I see golfers make, but what you should be doing to ensure your workouts are helping your swing.

Over the last 15+ years, we've made mistakes, but we've put our lessons-learned in this guide to keep you from repeating our mistakes.

Bobby Jones once said, "I never learned anything from a match I won."

The following lessons are from those "matches" we lost.

Your #1 Fan,

Jeff Pelizzaro

Co-Founder of **18STRONG**





#1 DON'T...
Focus On Flexibility

flexibility

noun

1 the ability of your muscle to temporarily stretch

*The yoga instructor pushing on my back allowed me to touch my toes and show off my **flexibility**.*

mobility

noun

1 the ability of a joint to actively move through its intended range of motion (ROM)

*My **mobility** is so good that I can control my hips and easily bend over to touch my toes without any assistance.*

It kills your swing because...

You **can't generate power** simply from being flexible.

Most golfers put too much emphasis on stretching and getting more flexible.

While it's true that flexibility is important, if you never work on your strength and stability, you won't have a base to create power.

Without a strength-base and the ability to stabilize, create tension and coil the body, it would be like **trying to hit a golf ball while standing on ice.**

In other words, flexibility is wasted without strength.

In addition, too much emphasis on flexibility puts your joints and muscles at risk of injury.

Think About It Like This: Take a look at all the junior golfers with all the flexibility in the world. They can bend their bodies into all kinds of crazy positions, but they can't compete with the men. Why? Because they don't have the strength.

Do this instead...

Focus on strengthening your body through movements and exercises that take you through the **full range of motion of your joints & muscles.**

The best way to do that is simple: GET YOUR BODY MOVING.

The “oil” that keeps our joints moving fluidly is called synovial fluid. When you get your body moving, two things happen:

1. You send more water and nutrients to the synovial fluid, which increases the lubrication in your joints.
2. The synovial fluid gets into all those little nooks and crannies inside your joints.

We need to get specific joints and movement patterns “oiled up” so we not only have the mobility to get into swing positions, but so we can build strength and coordination.

The only way to do that is with a regular mobility routine.

To get the exact formula we use, check out the [Daily Motion Routine in the 18STRONG Membership App.](#)



#2 DON'T...
Over-Complicate It

over-complicating

verb

1 to make excessively complex, intricate, involved, or difficult

He read a golf tip online and was over-complicating his swing.

It kills your swing because...

Complexity is the enemy of achievement.

The more complex we make things, the less likely we are to complete that task or achieve our goal.

If I asked you to throw a frisbee across your front yard, would you start thinking about your footwork, backswing and follow-through? No, you would just throw it.

If there are a lot of **technical or overly complicated exercises** in your workout, two things are going to happen:

1. you're going to get confused and frustrated
2. you're quickly going to quit

Obviously, if you're not improving your physical fitness, your entire game is going to suffer.

Think About It Like This: If you walk to your car in the morning when it's zero degrees out, and your car doesn't start, it's probably your battery. Sure, it could be something else, but 99% of the time, a dead battery is the culprit...

The simplest answer is usually the correct one.

Do this instead...

Overall, KISS (Keep It Simple Stupid) is the best advice we'll ever get.

Keep your workouts and practice sessions **simple and efficient**.

Think minimalism and get the most out of doing as little as possible. That does NOT mean cheat yourself. It means be super-thoughtful with your time.

It's rarely discussed but a HUGELY important piece of this entire equation is to find a plan that **fits in your schedule** and covers the basics (squats, lunges, rows, presses, etc.).

Do the small things consistently and stick with them over time. It's a marathon, not a sprint.

Each training program we create in the [18STRONG Membership App](#) is designed to get maximum results from minimal time.



#3 DON'T...
Be Too “Golf-ish”

golf-ish

adjective

- 1 a term used to describe anything related to the golf swing and/or game of golf

*That shirt is a little too **golf-ish** to wear to a wedding*

It kills your swing because...

Trying to mimic the golf swing with resistance is impossible.

Technology has not yet been able to recreate a system that allows us to add resistance that imitates anything close to the forces of the golf swing.

By adding bands or weights to your golf swing, you are creating resistance and forces on your body that are **COMPLETELY DIFFERENT** from the golf swing, which results in *bad mechanics* and *loss of speed*.

Golf-ish exercises/workouts usually involve way **too many rotation exercises**. As golfers, we already rotate a lot, which can be hard on the spine/joints.

By adding excessive rotation (often with too much resistance/weight) in our workouts, we are creating more damage, which leads to pain, compensation, and injury.

Do this instead...

Focus on basic movements of the body that require your joints and muscles to work in unison (squats, lunges, rows, presses, etc.).

Work in **multiple directions**, angles and planes to keep the muscles & joints mobile, able to handle stress, and create strong movements in various positions and directions.

It's fine to include *some* rotation exercises, but it's more important to include **anti-rotation exercises** where your body has to learn to create stability and *prevent* rotation under tension.

This will help support the spine, core, and other joints & muscles when it comes time to perform on the course.

You can find step-by-step workout plans in the [18STRONG Membership App](#).



#4 DON'T...

Do Too Much. Too Fast.

too much – too fast

adverb

- 1 to train to an excessive and rapid extent usually resulting in injury
- 2 more training than recommended by professionals

*He got burnt out on training because he did **too much, too fast***

It kills your swing because...

Just like when we were in school, cramming for a test can be a short-term solution, but does not produce any legitimate long-term effects (you used to know MVEMJSUNP was the acronym for our planets, then completely forgot a week after the test).

Like bikini season, most of us wait till the last minute, realize the golf season is rapidly approaching and decide we need results now!

We'll do excessive and overly intense workouts, crash dieting, tons of cardio, and banging too many balls at the range.

All those lead to over-training injuries, frustration that you're not getting results quickly enough, and is unsustainable, so we quit.

Injuries and frustration are perfect ways to destroy your game.

Do this instead...

I mentioned earlier in this guide because it is so important, but you need to **have a plan that fits your schedule.**

As much as we visualize the *before and after* picture in our heads, we need to realize it's not all going to happen in a day, a week or a month.

You bet your last dollar you're going to have some quick wins, but improving your game is a process that, if you commit to and make part of your normal routine, will produce exponential success.

Be realistic, but aggressive with your goals and give yourself ample time to reach each one to avoid injuries and a ton of frustration.

Life-long, enjoyable golf is **a marathon, not a sprint.**

We have designed each training program in the [18STRONG Membership App](#) for quick wins, but also a long-term focus on success.

A grayscale photograph of a person walking away from the camera on a golf course. The person is carrying a golf bag on their back. The background shows a line of trees under a clear sky. The text is overlaid on the center of the image.

#5 DON'T...
Be Too Slow

too slow

adverb

- 1 to train your body at an inadequate pace that translates directly to a slower golf swing
*He started a workout that was **too slow** and he lost a ton of yardage on his drives.*

It kills your game because...

If you only move slowly in your workouts, you will only move slowly in your golf swing.

We all know a **faster swing means more yardage**.

Getting stronger doesn't automatically make your swing faster.

Golfers who focus on slow cardio and/or slowly moving around weights are ultimately **teaching their brains** that their muscles are meant to move that way.

Training too slowly, will never allow you to tap into the "Fast Twitch" muscle fibers, which are ultimately what dictate how fast we swing (and far we can hit the ball).

120 yd approach sounds way better than 170 yds.

Think About It Like This: If Usain Bolt only jogged during his training sessions, his distance would improve, but his 100-meter dash would dramatically slow. We need to train for a specific task, i.e. swinging a golf club.

Do this instead...

Add some speed and power-related components to your workouts to facilitate the **muscles and nervous system sending faster signals**:

- medicine ball throws
- overspeed golf protocols
- interval training

Do these types of exercises closer to the **beginning of a workout** when you are fresh.

When doing resistance training, concentrate on lowering the weight slowly and controlled, but with speed when going against the resistance.

For Example: in a squat, you should **control the weight on the way down**, but when going to push it back up, you should **explode up with the weight**.

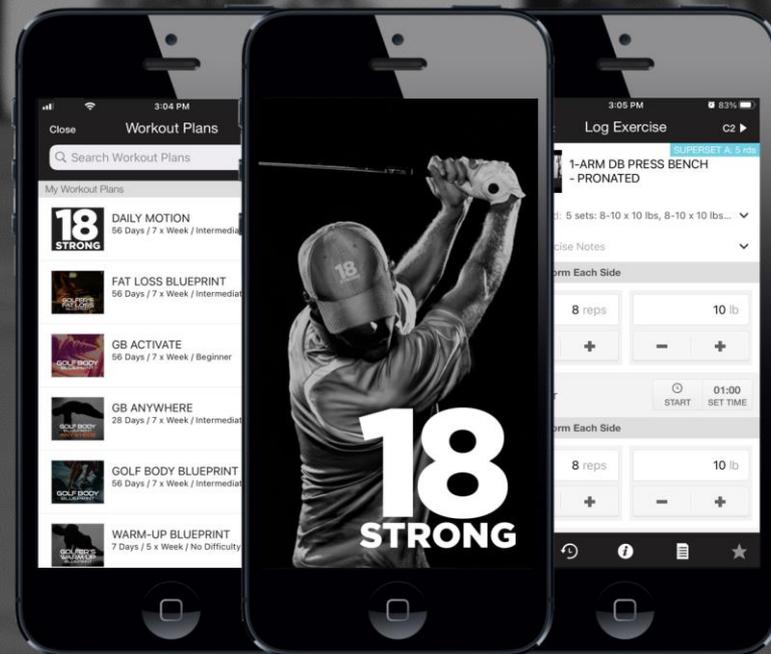
GOOD LUCK!

Your body is the **ONLY** piece of equipment you use on every single shot.

When training, consider each movement you're doing and its intention...

Is it violating any of the **5 Fatal Mistakes?**

Avoiding the **5 Fatal Mistakes** and doing the right things will make you unstoppable.



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