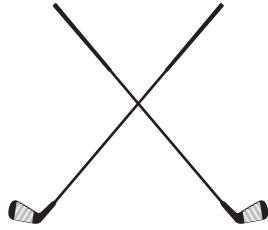


PLAY GOLF FOREVER

A physiotherapist's guide to golf
fitness and health for the over 50s

SUZANNE CLARK



CHAPTER 8

PERSONAL EXERCISE RECORD

These tables can also be downloaded from my website
www.fitterforever.org

Lying

Exercise	Week 1 Sets/ reps	Week 2 Sets/ reps	Week 3 Sets/ reps	Week 4 Sets/ reps	Week 5 Sets/ reps	Week 6 Sets/ reps	Week 7 Sets/ reps	Week 8 Sets/ reps
knee rolling								
back arching / rounding								
hip rotation								

Sitting

Exercise	Week 1 Sets/ reps	Week 2 Sets/ reps	Week 3 Sets/ reps	Week 4 Sets/ reps	Week 5 Sets/ reps	Week 6 Sets/ reps	Week 7 Sets/ reps	Week 8 Sets/ reps
wrist								
arms apart								
overhead								
band over door								
diagonal pull to left								
to right								
sitting / standing								

Standing

Exercise	Week 1 Sets/reps	Week 2 Sets/reps	Week 3 Sets/reps	Week 4 Sets/reps	Week 5 Sets/reps	Week 6 Sets/reps	Week 7 Sets/reps	Week 8 Sets/reps
right knee dip								
left knee dip								
lift heels up								
sit to stand practise								

Exercise using your stairs

Exercise	Week 1 Sets/ reps	Week 2 Sets/ reps	Week 3 Sets/ reps	Week 4 Sets/ reps	Week 5 Sets/ reps	Week 6 Sets/ reps	Week 7 Sets/ reps	Week 8 Sets/ reps
2 steps at a time								
step ups right								
step ups left								
with weights								

Balance exercises

Exercise	Week 1 Sets/ reps	Week 2 Sets/ reps	Week 3 Sets/ reps	Week 4 Sets/ reps	Week 5 Sets/ reps	Week 6 Sets/ reps	Week 7 Sets/ reps	Week 8 Sets/ reps
balance when brushing teeth								
eyes open/ closed								

Advanced exercises

Exercise	Week 1 Sets/reps	Week 2 Sets/reps	Week 3 Sets/reps	Week 4 Sets/reps	Week 5 Sets/reps	Week 6 Sets/reps	Week 7 Sets/reps	Week 8 Sets/reps
advanced arm lift straight								
advanced arm lift with rotation								