

# THE PARRILLO 10

## GOLF FITNESS TRAINING PROGRAM



### 1 SQUAT

Take a wider stance with your toes angled out. Descend slowly to a deep position—past the point at which your thighs are parallel to the floor. Then press up from your heels and drive your hips forward and your knees out. When descending, always sit back. Upon arising, force your knees out and come up under the weight. Use your opposing muscles to pull yourself to the bottom of the squat position. Start with 10 reps, and work your way up to 20.



### 2 SKIN THE CAT

Skin the cat is a gymnastics-type movement that requires a great deal of upper body and core strength. It should be performed with a medium grip. To begin, take an overhand grip on the pull-up bar. Bend your knees and pull yourself up. Next, invert your body, pulling your feet through the opening created by your hands. Then rotate around to a hanging position, as illustrated. On your way down, tuck your knees into your chest. At the completion of the movement, point your toes and try to touch the floor. Your partner may assist you by helping you through the movement. The entire exercise should be performed slowly, with complete muscular control. Start with 5 reps, and work your way up to 10.



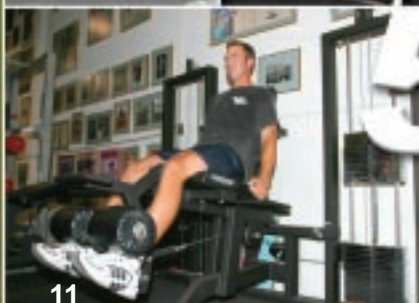
### 3 LEG PRESS

With the incline leg press, take a medium-wide fairly low foot position on the platform. Be sure to point your toes slightly outward. Bring the weight down, under control, so your knees end up by your armpits without curling your hips. Start with 10 reps, and work your way up to 20 slow controlled reps..



### 4 BENT OVER ROW/DUMBBELL PRESS

Bent Over Row - This is an excellent exercise for developing the rhomboid muscles of the mid-back. To perform the exercise correctly, take a wide grip on the barbell (a close grip places too much emphasis on the arms). Keep your back slightly arched throughout the movement and your shoulders back. Pull the bar up toward your pecs. Then make sure you pinch your rhomboids at the top of the movement. When you've finished 10-20 reps, immediately grab a pair of dumbbells and do 10-20 reps of overhead dumbbell presses, twisting your elbows backwards to work the medial delt. Start with 10 reps, and work your way up to 20 each exercise.



### 5 LEG EXTENSION

This exercise is effective for developing the teardrop muscle and the frontal thighs. Using strict form, bring your legs upward in an arc. The teardrop muscle is worked the hardest in the last few degrees of the arc—so at the top of the movement, lock out and squeeze tightly. Make the entire motion smooth and continuous without any rest. Never swing the weight upward. Keep the working muscles tight. Leg extensions are also excellent for strengthening bad knees—as long as you squeeze very tight. Start with 10 reps, and work your way up to 20.

Here at Parrillo Performance, we have been getting a lot of calls about our new Golf Fitness Training Program. In hopes to answer your questions, we are going to show you exactly what the program consists of. This issue we are featuring all of the weight training exercises incorporated into the program. Next issue, we will feature the golf swing specific training. For strength and cardiovascular fitness, perform all exercises one after another with no rest between sets. Do these exercises once or twice per week.

## SEATED ROW/LATERAL RAISES

**Seated Row** - As you begin the exercise, the first pull is with your shoulders. Pull the handle toward your midsection. Keep your shoulders down. At the top of the exercise, sit straight up, push your chest out, and pinch your scapula together. Return slowly to the starting position, stretching forward at the bottom of the movement. **Lateral Raises** - As you raise the dumbbells upward from the sides of your body, keep your elbows rotated back. At the top of the exercise, lower your shoulders. Together, the elbow and shoulder positions keep the stress firmly on your deltoids. Start with 10 reps, and work your way up to 20 each exercise.



## LEG CURLS

With the leg curl it is important to press your hips into the pad and keep your toes pointed throughout this movement. This places extra stress on your gastrocnemius/femur tie-in. At the top of the movement, do not raise your glutes up. Be sure to do this exercise strictly, without jerking the weight. Do 10-20 well controlled reps. Start with 10 reps, and work your way up to 20.



## BENCH PRESS/PUSH UPS

Lie back on the bench, take a tight grip, and—this is important—press your shoulders down toward your waist and back into the bench. Then thrust your chest forward and begin the exercise. At the top of the movement, lock your elbows out. Push your sternum up and squeeze your shoulders down with your lower lats and pec minors. Keep these muscle groups tight throughout the entire exercise. When you're finished doing your bench presses and placed the bar on the rack, immediately roll off the bench and do a strict set of as many pushups as you can do. Do 10-20 reps each exercise. Start with 10 reps, and work your way up to 20.



## CALF RAISES (SEATED OR STANDING)

The seated calf raise is one of the best exercises for developing the soleus, a supporting muscle located underneath the gastrocnemius. Typically, you sit in the machine so that your knees are bent at a 90 degree angle. This position works the gastrocnemius. By breaking the 90 degree angle so that your lower legs are more directly underneath you, you directly isolate the soleus. If you're doing standing calf raises, make sure you lock your knees to isolate the gastrocnemius. Do 50-100 reps seated or 20-40 reps standing. Start with 50 reps, and work your way up to 100, seated. Start with 20 reps, and work your way up to 40, standing.



## SIT UPS/LEG RAISES

This basic sit up is used to strengthen the abdominal muscles. make sure you lift your chest when you go down, and crunch hard on the upward movement to try to isolate the abs and not the hip flexors. When doing leg lifts, try to arch your back when your legs go down and bow your back when your legs come up to maximize abdominal muscle work and to minimize hip flexor work. Start with 10 reps, and work your way up to 20 reps each exercise.

