The ZGA Golf Conditioning Program

The Zone Golf Academy is pleased to launch the new ZGA Golf Conditioning Program, with three options to decide on depending on your objectives, budget, and time allocation for conditioning.

The ZGA is well known for improving golf performance by addressing a golfer's needs in the 3 main areas:

1. Golf Technique

2. Mental Game and The Zone

3. Golf Conditioning

Since 2004, the ZGA has handled the first two areas in-house but the Golf Conditioning efforts were placed with local PGA Tour trainers with TPI and/or CHEK certifications; trainers that Lee Woodard has personally used.

***Why should I condition for golf?***

The more you move: the healthier you become in general. And the more you condition with cardio, flexibility exercises/poses, and functional strength building: the healthier you become, and you have an increased golf potential.

Many books site the benefits of golf conditioning: increases life longevity, minimizes if not eliminates the aging process, builds muscle tissue that raises basal metabolism, decreases risk of injury, allows more extended practice, and of course should lower golf scores.

It is even more important for seniors to condition as we lose about 2-3% of our strength after 45 years of age without resistance training. It is motivating to understand that a golfer can become more flexible and stronger at any age.

The main caveat in a golf conditioning program is that it must be well designed and customized for the individual by a conditioning expert. Also, you must M.D. before starting any exercise program. And the first month or so is pretty light in intensity since it is merely readying the muscles, tendons, joints, and ligaments for the increased load in a month or two depending on your condition.

Another warning is to NOT retain a pure strength or body builder trainer because:

- Major strength is not what golfers, especially senior golfers, need!

- Senior golfers need more flexibility, better balance, and a bit more functional strength.

- One author said that he has never seen a golfer improve performance because of a major strength increase whereas he has seen much improvement from increased flexibility and balance.

- Finally, no golfer wants to be yelled at by a body building trainer. LOL.

Every top golfer has 1-2 trainers for their golf conditioning, and they regularly use the physio trailers at the tournaments.

The ZGA Golf Conditioning Program (as do all good golf specific conditioning programs) focuses on:

- Flexibility

- Cardio

- Balance/Stability

- Strength/Power

***Who is the Director of the ZGA Golf Conditioning Program?***

Lee Woodard, founder/owner of the ZGA, is the Director of the ZGA Golf Conditioning Program.

He started developing this conditioning program in 1978 (2 days after returning from the USVBA Championships in El Paso) when he joined the perhaps first Nautilus facility located in Manhattan Beach at a time when he was playing competitive volleyball on the beach and indoors. With the direction of Mike Hoffman, a top Nautilus trainer/manager, Lee developed his first conditioning program.

Over the last 41 years, Lee researched the latest in sports conditioning trends as he migrated from VB to competitive tennis to professional golf. And he made revisions to his conditioning program as a function of his current sport, injuries, surgeries, rehabs, and aging.

His conditioning research/development in the last 20 years was focused on improving golf performance. He was evaluated and trained by three PGA Tour trainers with TPI and/or CHEK certifications at different times. He has used practically all of the existing golf conditioning programs on the market. He includes pieces of different programs depending on the golfer and their needs/limitation.

***What are the three options?***

Option #1 -

($$$$$) The early ZGA conditioning concept was to turn the conditioning efforts over to a local TPI and/or CHEK certified trainer that Lee has had experience with. The results have been excellent. The option is an excellent choice and is still available. The main problem for most amateur golfers is that this option is a bit expensive compared to the other options. The hourly rate that I paid was around $200/hour for the evaluation and program setup taking 3-4 hours and subsequent training and adherence to proper form was $100/hour. The second problem, is that there might be some travel time for the golfer as there are just a few trainers that Lee can recommend. But he is looking at two other trainers as potential evaluators/trainers.

Option #2 -

($$) This is the most popular, most-tailored, and most cost-effective option. Lee Woodard will evaluate your swing and conditioning to find any 'disconnects'. He takes your conditioning needs given your swing faults and adds them to a basic set of general exercises/poses that all golfers need to perform, and a written plan or blueprint is developed to best condition you for improved performance, lowering risk of injuries, compensating for any physical limitations.

Lee has used an excellent flexibility program by Roger Fredericks for years. His program is the basis of the flexibility area of the ZGA Golf Conditioning Program. You need to buy the Fredericks' book "Golf Flexibility" and his 3 DVDs (with poster guide of exercises) from FredericksGolf.com. Right now, Lee is working with them to get a discount for ZGA clients, so talk to him first if you are interested in saving a few dollars.

Depending on your needs, Lee will select additional exercises/poses from different trainers from TPI, CHEK, Joey D, Anderson (the stretch expert), and Yoga to be included in your development program notebook.

The cost will be $100 for the evaluation, program development, customized notebook, and exercise form/technique checkup. If you are an individual who needs somebody to check on you each training session, we can make arrangements with a trusted Sun City trainer ($40/hour ??) or your trainer. If you want, we can go through each exercise/pose with the selected trainer to ensure that know the proper form. Most trainers will be familiar with the exercises.

Option #3 -

($) This is a do-it yourself conditioning program development option. It does not include an evaluation step as the other options have. In other words, the program is not customized to your needs dictated by your swing flaws.

You need to purchase and learn from the following:

1. The Fredericks' products identified in option 2 above.

2. Also recommended (but not necessarily required) is the "Younger Next Year; The Exercise Program", by Chris Crowley & Henry Lodge. An excellent book with general conditioning thoughts and exercises.

***How do I start?***

You might want to read through the ZoneGolf.com website to get more information about Lee Woodard and our instruction quality. If you select Option #3 above, just buy your materials and start learning/improving. Please contact the ZGA with email to Info@ZoneGolf.com or text/phone call to (951) 200-9880 with any questions or if you choose Option #1 or Option #2.