

Mayo Clinic Minute – Golf Resistance Exercises – TRT: 1:04

JOHN ZAJAC, P.T., D.P.T. PHYSICAL MEDICINE & REHABILITATION Mayo Clinic	Hi, I'm John Zajac, golf physical therapist for the Mayo Clinic. To keep you on the course all season long, it's important to stay strong and mobile.
Cut to graphic of golf resistance exercises	Play the long game by building strength off the course by adding these resistant exercises to your golf game, you can support your joints, improve balance, and build stability.
John on camera: Demonstrating plank progression.	In order to keep that core strong, try this plank progression. First, start on your elbows. Hold for 20 to 30s. Then transition into a side plank
John on camera: Demonstrating bridge exercise	It's important to keep your glutes strong. Try this bridge exercise to help. Perform 15 to 20 repetitions. Hold 3 to 5 seconds each.
John on camera: Demonstrating shoulder exercise	Anyone who plays golf knows it's important to keep that shoulder healthy first. Starting with the rotator cuff. Try this exercise for strengthening. I would do 15 to 20 reps, two sets three times a week in between rounds of golf.
John on camera and cut to News Network graphic	These exercises will keep you strong for the golf season. I'm John Zajac for the Mayo Clinic News Network.