

LAB Workout

Glass' Speed Stick Protocol

	<u>Reps</u>	<u>Cues:</u>
<b>Dynamic Golf Warm Up</b>		
<b>Tall Kneeling Baseball Swing</b>		
Heavy Left	3 Reps	Focus on technique/warm up
Heavy Right	3 Reps	
Light Left	3 Reps	Focus on Speed
Light Right	3 Reps	
Meduim Left	3 Reps	Focus on replicating the speed from the light swing
Meduim Right	3 Reps	
Rest	30 Sec-1 min	Speed is all about 100% effort/Not about fatigue
<b>1/2 Kneeling Baseball Swing: Swing Right Handed with Left Knee Fowrward &amp; Vice Versa</b>		
Heavy Left	3 Reps	Focus on technique/warm up
Heavy Right	3 Reps	
Light Left	3 Reps	Focus on Speed
Light Right	3 Reps	
Meduim Left	3 Reps	Focus on replicating the speed from the light swing
Meduim Right	3 Reps	
Rest	30 Sec-1 min	Speed is all about 100% effort/Not about fatigue
<b>Standing Golf Swing</b>		
Heavy Left	3 Reps	Focus on technique/warm up
Heavy Right	3 Reps	
Light Left	3 Reps	Focus on Speed
Light Right	3 Reps	
Meduim Left	3 Reps	Focus on replicating the speed from the light swing
Meduim Right	3 Reps	
Rest	30 Sec-1 min	Speed is all about 100% effort/Not about fatigue
<b>Happy Gilmore Golf Swing</b>		
Heavy Right	3 Reps	Focus on technique/warm up
Meduim Right	3 Reps	Focus on Speed
Light Right	3 Reps	Focus on Speed
Rest	30 Sec-1 min	Speed is all about 100% effort/Not about fatigue
<b>Hit Driver As Hard As You Can: ZERO regard to where it goes!</b>		
Driver Right	3 Reps	HARD!
Driver Right Normal Swing	3 Reps	Hit your typical Driver Swing