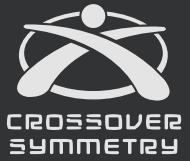


# TRAINING GUIDE

GOLF PERFORMANCE TRACK



**AGP AMPD GOLF**  
• PERFORMANCE •





## ABOUT //

Crossover Symmetry provides equipment, education, and training for athletes who want to end shoulder pain and increase strength. Our systems are built with the highest quality equipment and designed with everything you need to implement right out of the box. We believe that consistency is the most important training tool, which means the everything must be practical, structured, and efficient.

After thousands of success stories from people who successful rehabbed their shoulder pain using the Crossover Symmetry System we knew it was time to start addressing other problems that held them back.

Partnering with AMPD Golf Fitness takes our training to the next level to address the needs and demands specifically for golfers at any level.

## INTRO //

The Golf Performance Track is a pairing of the Crossover Symmetry Shoulder training and equipment with Golf specific training from AMPD Golf Fitness.

These programs will improve stability and mobility of the shoulder, hips, and core. This will improve your swing, and have you feeling better and moving better too. It will also improve energy transfer in your golf swing, having you hitting the ball further in no time.

The complete training program is built out for you in the following training calendar and requires only a minimal time commitment. Feel free to add any other exercises to this training program. If you already have a workout program, this will only make it even better.

Each workout begins with the same focus: optimizing movement. So use the mobility and Crossover Symmetry Activation programs first to

tune your body to perform and to help eliminate any aches and pains from holding you back.

The primary strength component for each day is called a matrix. It will focus on either the shoulder, hip, or core. However, this is a functional training program, so the body will be used fully for each program. Our full scale program will include each workout (shoulder, hip, and core) 2x per week. However, if you are new to exercise, limited by time in your week, or involved in other activities feel free to scale each workout back to 1x per week.

The most important piece of any training program is staying consistent. So block out time every day to make yourself better and take your game to the next level.



# GUIDELINES //

## Cord Selection

You will use the Crossover Cords for every exercise. At the very least you will need 1 light and 1 heavy resistance set. The resistance recommendations will be provided on the training videos and in the training guide instruction.

## Proper Setup

For each exercise make sure you start far enough back so there is sufficient resistance throughout the range of motion. And create a stable athletic posture for each exercise.

### Athletic Posture

- Feet Flat.
- Slight bend in the knees, in-line over the toes.
- Slight tuck of the tail bone.
- Rib cage pulled down with moderate tension in the midsection.
- Shoulders rolled back.
- Chin pulled in.

For any exercises that requires a single leg stance, simply lift one knee to 90 degrees in front of you. In this position it becomes important to keep the stance leg strong and stable, meaning not caving inward.

Some exercises require a golf stance. Use the setup you would use when setting up with your driver.

## Proper Execution

Each exercise is dynamic and requires effective movement from the hips, shoulder, and core, much like the golf swing.

The AMPD Matrix Programs offer 2 levels of training to progress you through these challenging moves. Always start at level 1 until mastery and then move to the level 2.

Every exercise of this program requires balance and stability. Much of this comes from the glute muscles, which also happen to be key pieces for generating power as well as eliminating back and knee pain. A key indicator of poor glute engagement is a collapse of the knee, or excessive bend in the low back. If you can prevent these things you are on the road to success.

Many of the exercises require rotation around the spine, which is obviously an important part of the golf swing. However, it's important to rotate effectively to get the most out of these exercises. The spine is built much like a tree, with a solid trunk at the base, and becoming more mobile as you go up higher. This means that much of your rotation should come from the middle and upper back, rather than the low back and hips.

If you are having trouble following the proper execution for any exercise, first be sure you are following the level 1 progression. Then try to correct things by slowing down, and decrease the reps if you feel that muscle fatigue is your primary issue. Then try decreasing the resistance to the point you can complete the movement successfully.



# TRAINING CALENDAR ///

## Recreational

MON	TUE	WED	THU	FRI	SAT	SUN
Mobility	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility
CS Activate	CS Activate	CS Activate	CS Activate	CS Activate	CS Activate	Pre-Round
Hip Matrix*		Shoulder Strength**		Core Matrix*		Play

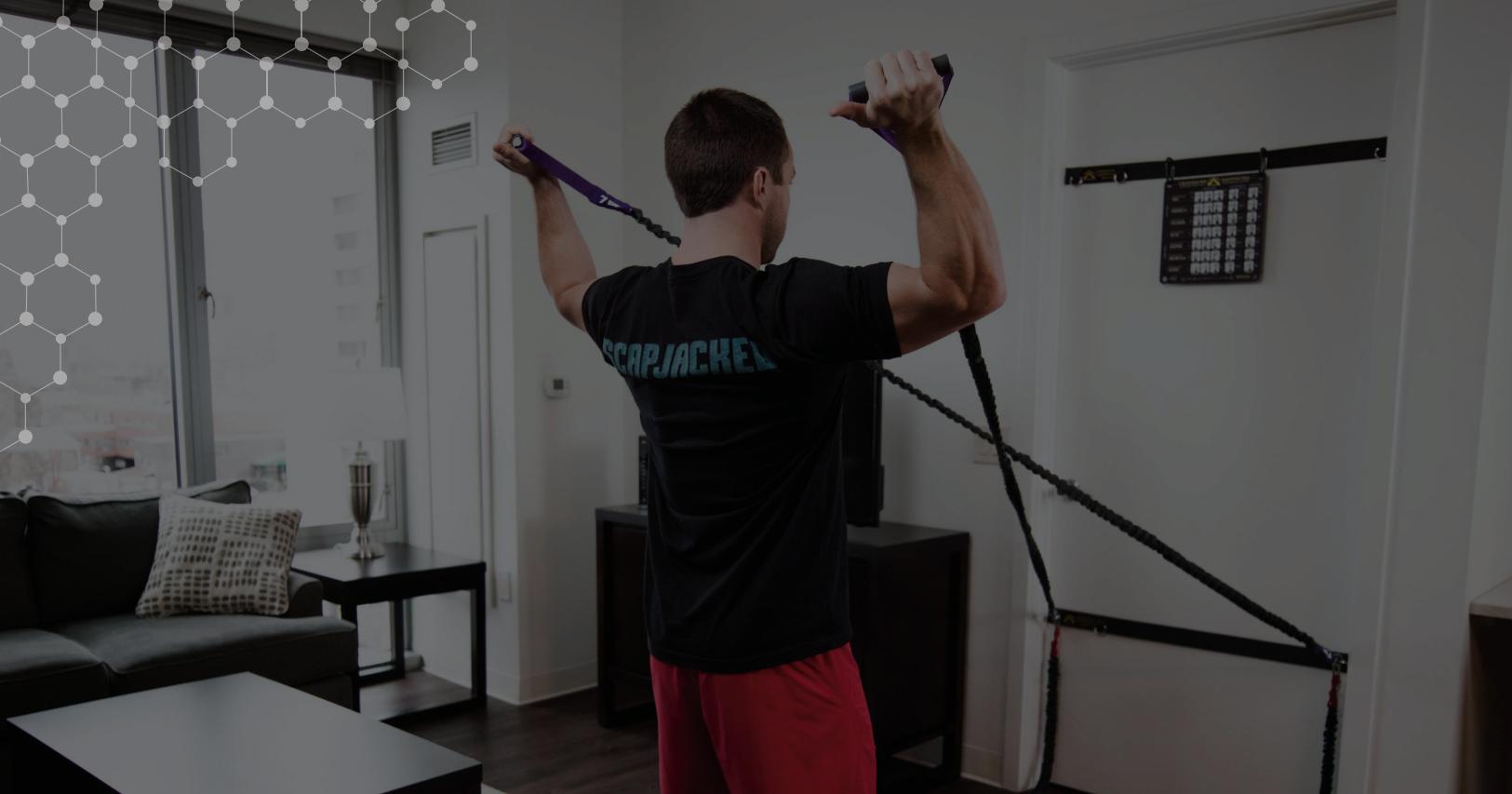
## Competitive

MON	TUE	WED	THU	FRI	SAT	SUN
Mobility	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility
CS Activate	CS Activate	CS Activate	CS Activate	CS Activate	CS Activate	Pre-Round
Hip Matrix*	Shoulder Strength**	Core Matrix*	Hip Matrix*	Shoulder Strength**	Core Matrix*	Play

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\*Instruction for the Hip Matrix and Core Matrix Programs is located in the AMPD Golf Performance section.

\*\*Instruction for the Shoulder Strength program is located under the CS Essentials training portion.



# TRAINING SCHEDULE ///

## Mobility + Warm-Up

(AS TIME ALLOWS)

1

Ideally every workout should allow up to 10 minutes of mobility work. We believe it's best to pair your mobility with the rest of your training, because not only does it ensure you get it done, but it will enhance your performance during your workout as well. However, if you are short on time, this is probably something that can be moved to another time during your day.

## CS Activation

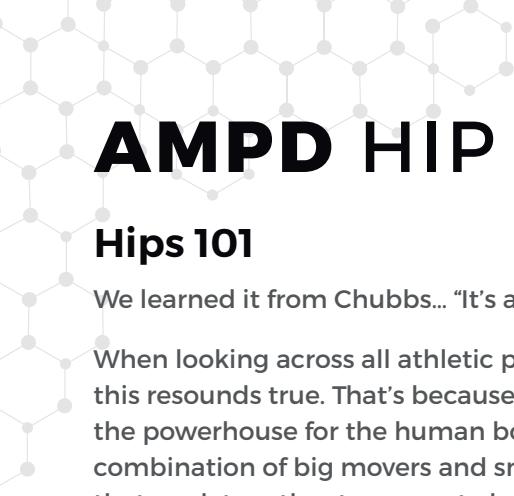
2

Using CS Activation daily is an effective dose of movement to keep your body healthy. Additionally, the CS Activation program will get key muscles firing and ready to perform.

## Strength Program or Matrix

3

At this point your body is ready to work. Using the CS Strength Program, AMPD Golf Hip Matrix, and AMPD Golf Core Matrix you will effectively target the entire body with functional exercises to improve your golf game.



# AMPD HIP MATRIX //

## Hips 101

We learned it from Chubbs... "It's all in the hips."

When looking across all athletic performance this resounds true. That's because the hips are the powerhouse for the human body. The hip is a combination of big movers and smaller stabilizers that work together to generate both power and balanced movement. When these muscles

get tight or dormant, not only is performance limited, but back and knee pain often ensue.

The AMPD Hip Matrix improves mobility, stability, and balance of the lower torso. Improving these things will lead to better weight transfer and hip whip for a better golf swing and more power.

## Reverse Lunge Row

**5 REPS RIGHT / 5 REPS LEFT**

**1**

**Level:** Eye

**Resistance:** Heavy

**Cord Setup:** Crossed

### Level 1: Two Leg Finish

1. Start upright with the arms extended facing the attachments
2. Take a step back and drop the back knee
3. Pull the elbows back into a row
4. 2 second hold in the lunge
5. Press through the front leg, drive the back leg forward to the start position

### Level 2: Single Leg Finish

1. Start with the arms extended facing the attachments
2. Take a step back and drop the back knee
3. Pull the elbows back into a row
4. 2 second hold in the lunge
5. Press through the front leg, drive the back leg forward to a single leg stance
6. 2 second hold in the single leg stance
7. Step back into the lunge and repeat the row

## Lateral Lunge

**5 REPS RIGHT / 5 REPS LEFT**

**2**

**Level:** Eye

**Resistance:** Heavy

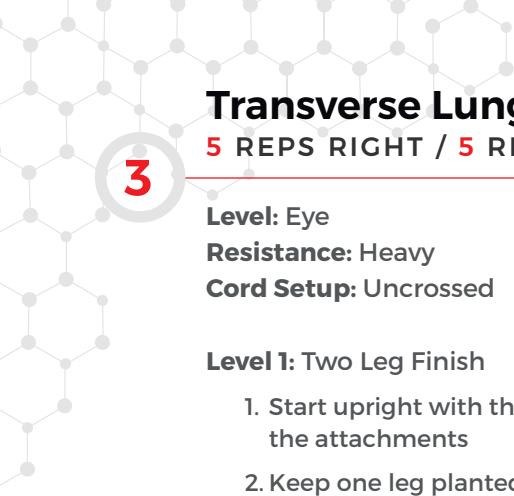
**Cord Setup:** Uncrossed

### Level 1: With Rotation

1. Start with the arms extended facing perpendicular to the attachments
2. Take a lateral step with the outside foot
3. Follow with a quick rotation around the upper torso with the arms straight
4. Return to the start position

### Level 2: Anti-Rotation w/ Stabilization

1. Start with the arms extended facing perpendicular to the attachments
2. Take a lateral step with the outside foot
3. Keep the arms locked out in front of the body
4. Push off the outside leg and drive to a single leg stance
5. Maintain stability and repeat the lateral step



3

## Transverse Lunge

5 REPS RIGHT / 5 REPS LEFT

**Level:** Eye

**Resistance:** Heavy

**Cord Setup:** Uncrossed

### Level 1: Two Leg Finish

1. Start upright with the arms extended facing the attachments
2. Keep one leg planted while rotating the other foot away from the attachment
3. Rotate the chest and turn away from the attachment
4. Rotate through the shoulder to center the cords in front of chest
5. Return to the start position

### Level 2: Single Leg Finish

1. Start upright in a single leg stance
2. Keep one leg planted while rotating the other foot away from the attachment
3. Rotate the chest and turn away from the attachment
4. Rotate through the shoulder to center the cords in front of chest
5. Push off the outside leg and drive back to the single leg stance
6. Maintain stability and repeat the lunge

4

## Split Squat

5 REPS RIGHT / 5 REPS LEFT

**Level:** Eye

**Resistance:** Heavy

**Cord Setup:** Crossed

### Level 1: Squat Push

1. Start in a split stance in a press position facing away from the attachments
2. Drop the back knee to the ground
3. Press the cords away from the body while maintaining stability
4. Bring the arms back to the start position
5. Return to the start position

### Level 2: Forward Lunge Push

1. Start standing upright
2. Take a step forward and drop the back knee
3. Press the cords away from the body while maintaining stability
4. Bring the arms back to the start position
5. Return to the start position

5

## Split Squat Stance

5 REPS RIGHT / 5 REPS LEFT

**Level:** Eye

**Resistance:** Heavy

**Cord Setup:** Uncrossed

### Level 1: Two Leg Finish

1. Start split stance facing perpendicular to the attachments
2. Rotate around the upper torso with the arms straight
3. Return to the start position

### Level 2: Single Leg Finish

1. Start single leg stance facing perpendicular to the attachments
2. Rotate around the upper torso with the arms straight
3. Return to the start position

# AMPD CORE MATRIX //

## Core 101

"The Core" is actually made of many more muscles than just the abs and it's function extends far beyond just looking good naked.

The function of a strong core is extensive. The first priority is maintaining the spinal curvature to prevent injury. Excessive movement and around individual

segments of the spine and overload the supportive tissue resulting in pain and injury. A strong core effectively distributes the load to prevent these overuse injuries.

Second to preventing pain and injury, the core is essential for optimizing athletic performance by transferring power through the torso to the extremities.

### Anti-Rotation

**5 REPS RIGHT / 5 REPS LEFT**

**1**

**Level:** High

**Resistance:** Heavy

**Cord Setup:** Uncrossed

#### Level 1: Split Stance

1. Start in split stance facing perpendicular to the attachments
2. Hold the cords with 2 hand against the chest
3. Push the hands away from the chest
4. Hold for 2 seconds
5. Return to the start position

#### Level 2: Single Leg

1. Start in single leg stance facing perpendicular to the attachments
2. Hold the cords with 2 hand against the chest
3. Push the hands away from the chest
4. Hold for 2 seconds
5. Return to the start position

### Upper Torso Rotation

**5 REPS RIGHT / 5 REPS LEFT**

**2**

**Level:** Low

**Resistance:** Light

**Cord Setup:** Crossed

\*Use a Golf stance

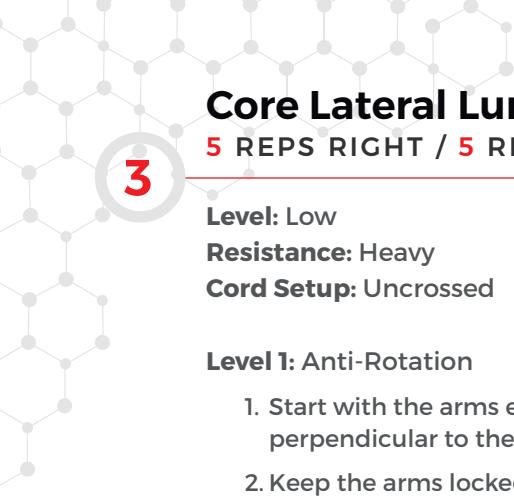
#### Level 1: Split Stance

1. Start in a golf stance
2. Cross the cords in front of the body
3. Rotate one arm back while keeping one arm straight
4. Hold for 2 seconds
5. Return to the start position
6. Repeat rotating the other direction

#### Level 2: Single Leg Finish

1. Start in a golf stance
2. Extend 1 leg back
3. Cross the cords in front of the body
4. Rotate one arm back while keeping one arm straight
5. Hold for 2 seconds
6. Return to the start position
7. Repeat rotating the other direction

\*Switch legs after 5 reps or if completing multiple sets of the matrix switch legs between sets.



3

## Core Lateral Lunge

5 REPS RIGHT / 5 REPS LEFT

**Level:** Low

**Resistance:** Heavy

**Cord Setup:** Uncrossed

### Level 1: Anti-Rotation

1. Start with the arms extended facing perpendicular to the attachments
2. Keep the arms locked out in front of the chest
3. Take a lateral lunge away from the attachment
4. Return to the start position and repeat

### Level 2: Chop

1. Start with the arms extended facing perpendicular to the attachments
2. Take a lateral step with the outside foot
3. Follow with a quick rotation around the upper torso with the arms straight
4. Return to the start position and repeat

4

## Lift

5 REPS RIGHT / 5 REPS LEFT

**Level:** Low

**Resistance:** Heavy

**Cord Setup:** Uncrossed

### Level 1: Split Stance

1. Start in a split stance facing perpendicular from attachments
2. Rotate the upper torso away from the attachment bringing the hands above ear level
3. Hold for 2 seconds
4. Rotate back to the start position and repeat

### Level 2: Lateral Step

1. Start in a golf stance
2. Take a lateral step with the outside foot
3. Follow with a quick rotation bringing the hands above ear level
4. Rotate back to the start position and repeat

5

## Rotational Row

5 REPS RIGHT / 5 REPS LEFT

**Level:** Low

**Resistance:** Heavy

**Cord Setup:** Uncrossed

### Level 1: Anti-Rotation w/ Stabilization

1. Start in a golf stance facing the attachments
2. Hold both cords in 1 arm outstretched, the other arm should be pulled into the body
3. Pull the resistance into the body, while extending the opposite arm away
4. Return to the start position and repeat

### Level 2: with Chop

1. Start in a golf stance facing the attachments facing perpendicular to the attachments
2. Pull the front cord into the body with the outside arm
3. Follow with a quick rotation punching the back cord around the body with the inside arm
4. Return to the start position and repeat

# PRE-ROUND WARM-UP //

The pre-round warm-up is designed to optimize your body so it's ready to hit the course or range. It is quick and effective, can be done anywhere, and only requires a light pair of Crossover Cords. Preparing your body ready to swing hard and fast not only decreases the risk of injury, but will have you playing better Golf too.

## Squat to Row

10 REPETITIONS

**Level:** Waist

**Resistance:** Light

**Cord Setup:** Crossed

1. Start with the arms extended facing the attachments
2. Send the hips back and down into a squat
3. Keep the chest up and the arms outstretched at the bottom
4. Return to a stand while simultaneously rowing the cords to the body

## Alternating Upper Torso Rotation

5 REPS RIGHT / 5 REPS LEFT

**Level:** Waist

**Resistance:** Light

**Cord Setup:** Crossed

1. Start in a golfer's stance facing the attachments
2. Rotate one arm back
3. Open the chest through the movement
4. Return to the start position and repeat on the other side

## Rotation Push and Pull

5 REPS RIGHT / 5 REPS LEFT

**Level:** Waist

**Resistance:** Light

**Cord Setup:** Crossed

1. Start in a golfer's stance facing perpendicular to the attachments
2. Hold the cord in front with the outside arm, and the cord in back with the inside arm
3. Pull the outside arm into the belly and begin rotating away from the attachment
4. Finish the rotation by punching the inside arm around your body

## Lateral Step Chop

5 REPS RIGHT / 5 REPS LEFT

**Level:** Waist

**Resistance:** Light

**Cord Setup:** Uncrossed

1. Start in a golfer's stance facing perpendicular to the attachments
2. Take a lateral step with the outside foot
3. Follow with a quick rotation around the shoulders with the arms straight
4. Return to the start position

90 / 90

10 REPETITIONS

**Level:** Waist

**Resistance:** Light

**Cord Setup:** Crossed

1. Start in a golfer's stance facing the attachments
2. Hands around waist height
3. Palms facing down
4. Pull elbows back, stop in front of the body and slightly below shoulder height
5. Externally rotate around a 90 degree elbow