

VIBROSPHERE®

by ProMedVi

Balance with vibration



Golf



ProMedVi® Golf

Golf is a sport where you, at least on an amateur level, focus mainly on the general technical performance and the swing in particular. Physical training as a mean of improving the overall golf result has not been in focus very much. Good golf demands strength, stability, balance and mobility. Combined balance training with vibration using the Vibrosphere® is a powerful method to achieve results in a short period of time. By performing functional exercises, specifically developed for golfers, the training become effective and focused. ProMedVi® Golf is a functional training method using the Vibrosphere® requiring minimal time and with one goal: To play better golf with less physical problems.

Better golf

Strength, balance, stability and mobility training for longer and more controlled strokes.

Healthier golf

Exercises aimed to prevent typical injuries for golfers.

Easier golf

Short warm-up exercises for a good start from the first tee.

Better Golf

Good golf technique alone is, of course, not enough. To be on top of your game for 18 holes, good overall condition is essential and nutrition comes into play as well as general mental well-being.

Good golf also demands strength, balance, stability and mobility. Combined balance training with vibration offers a powerful and time saving training method. Exercises specially developed for golfers make the training focused and effective.

The stronger you are, the better your ability to produce longer, more controlled drives. where increased strength means that you do not have to use your maximum power for a long drive, less power leads to more control. Instead of giving 100% to hit a drive as far as possible, 80% may be sufficient and the ball is more likely to land on the fairway. It can be summed up as a lower swing tempo but with a greater effect.

Balance training should be a part of every golfers training. It is a way to increase your general awareness and control of your body, which is a huge benefit to your golf game.

Good overall stability and, more specifically, core stability have a positive effect on the golf game. A swing becomes much more stable, making it easier to follow the swing plane, thereby leading to straighter shots.

Healthier Golf

The golf swing is one of the most explosive sport movements and most golf players are not trained sufficiently for this demanding movement. Many golf players consequently suffer from pain in the lower back, elbows and shoulders.

ProMedVi AB has therefore developed specific training exercises aimed at strengthening the stabilizing muscles and improving postural control to help golfers experience a healthier golf life.

Moreover, the combined Vibrosphere® training is ideal for elderly golfers for a better gait and improved mobility.

Easier Golf

A positive golf experience from the first tee leads to a better overall performance and well-being. The warm-up before the golf round is usually not performed at an adequate level. Using the Vibrosphere® as a warm-up before the golf round, activates your muscles, increasing the blood circulation and mobility. Some simple exercises before the first tee can have a significant effect on your result and overall golf experience.



Training Instructions

Place the Vibrosphere® on a function pad or other suitable base with good friction. To increase the degree of difficulty, place the Vibrosphere® on a blue training pad. If you wish to decrease the degree of difficulty place the Vibrosphere® on one of ProMedVi's "Soft" stabilising function pads, which are available in 3 different designs, with the Soft1 mat providing the most stable base. Having placed the Vibrosphere® on the pad close to a wall/wall bar you should support yourself with only your fingertips and try to balance without any support if possible. The best vibration effect on the lower extremities is obtained without shoes.

Bear in mind that the training can have a high impact on the joints and muscles, therefore the training should be gradually intensified, as in general training. Some people might feel discomfort due to the training i.e. feeling of nausea or dizziness. Start carefully, for example, by placing only one foot on the Vibrosphere®.

Precautions when training on the Vibrosphere®

Training on the Vibrosphere® is a powerful training method and there are certain conditions when you should avoid training or execute caution. Most people are always able to perform some exercises, for example, a hip implant does not stop a person from circulation training without weights or training the upper part of the body.

There are some general precautions that you should take when training with the Vibrosphere®:

Avoid training in case of:

- Pregnancy
- Serious circulatory problems such as thrombosis
- Cardiovascular complaints
- Rehabilitation immediately following surgery, especially joint replacements
- Infections or fever conditions
- Acute lumbar disc problems
- Fractures that are not healed
- Rehabilitation following eye surgery

Execute caution in cases of:

- Rehabilitation after ligament surgery: wait at least 3 months before starting your training and only then under the supervision of a physiotherapist
- Lumbar disc problems
- Joint implant surgery
- Arthritis
- Experiencing pain in the injured area during training

In the event of pain, discomfort or if you have any doubts, please consult your doctor, physiotherapist or personal trainer before continuing with the training.

ProMedVi® Golf:

- The exercises for ProMedVi® Golf have been split into different groups: balance, strength, stability and mobility. This division has been designed to focus on certain areas, but the same exercise can also give an overall functional training for other training goals.
- The name of the exercise is written at the top.
- For every exercise is recommended
 - time: 30-90 seconds for 3 sets
 - frequency: 20-45 Hz (about 30-35 Hz for muscle activity, 35-45 for circulation - and sensitivity training). We recommend that you to start with 30 Hz for 30 seconds, up to 3 sets and increase gradually.
- Maintain an effective duration of vibration training up to a maximum 15-20 minutes per session with pauses in between.
- Choose a number of exercises (maximum 10) that suit your intended goals for the training.
- The instructions describe what to concentrate on when performing the exercise.
- For all exercises:
 - Pull the navel inwards and upwards to involve the transverse abdominal muscle
 - Breathe regularly and exhale slightly forced through your mouth.
 - The shoulders should be relaxed in exercises where the arms are not involved. Keep the shoulders down and curved slightly backwards.
 - Keep your head straight and your eyes fixed on a point in front of you, unless the instructions state otherwise.
- The level of difficulty is built up in three different programmes. You can pick exercises from each program or start with Programme 1.
- Bear in mind that the level of difficulty in an exercise can be achieved by closing your eyes, increasing the time or changing the Soft pad.
- If you experience a headache or discomfort due to the vibrations, try bending your knees more.
- Start by placing both feet approx. 20cm apart on the Vibrosphere®. Hold on to a support if needed. Look straight ahead. Keep your back straight with your knees slightly bent. Then you can begin to perform the Vibrosphere® exercises.
- In exercises where your hands are placed on the Vibrosphere®, training gloves or the blue training pad may be used.
- Train without shoes for the best results.



ProMedVi® Golf presents the following:

Warming up

WU.1 Rotation	page. 7
WU.2 Side stretch	page. 8

Programme 1

1.1 Trunk rotation while standing ●●	page. 9
1.2 Dumbbell stretch ●●	page. 10
1.3 Back lift ●●	page. 11
1.4 Trunk stabilisation with a dumbbell above the head ●●	page. 12
1.5 Fixed sideways lunge ●●	page. 13
1.6 Shoulder stabilisation while lying down ●●	page. 14

Programme 2

2.1 Alternating punche ●●●	page. 15
2.2 Trunk twist ●●●	page. 16
2.3 Golf swing with a dumbbell ●●●	page. 17
2.4 Shoulder stabilisation while half-sitting ●●	page. 18
2.5 Balance ●●	page. 19
2.6 Functional shoulder exercise ●●●	page. 20

Programme 3

3.1 Diagonal dumbbell lift ●●●	page. 21
3.2 Shoulder stabilisation while half-lying on a ball ●●	page. 22
3.3 Golf swing on one leg ●●●	page. 23
3.4 Lunge with a ball ●●●	page. 24
3.5 Trunk crunch ●●	page. 25
3.6 Hip rotation ●●●	page. 26

Mobility exercise

R.1 Special leg bend ●●●	page. 27
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The colour marks will help you to find the right exercises, based on your main purpose with the training:



The difficulty is built up in three different programmes. You can pick exercises from each program or start with the Programme 1.

Warming up

WU.1 Rotation



Instruction: Stand hip-width on the Vibrosphere®. Slightly bend your knees. Rotate your trunk from side to side with the golf club on your shoulders.

Warming up

WU.2 Side stretch



Instruction:

Stand hip-width on the Vibrosphere®. Hold the driver above your head with a wide grip and your arms straight. Stand with your feet wide apart and your legs straightened. Bend the top of your body sideways in one direction as far as possible. Change sides. Repeat.

● ● Programme 1

1.1 Trunk rotation while standing

**Instruction:**

Stand hip-width on the Vibrosphere®. Slightly bend your knees. Keep your back curved. Hold a dumbbell with both hands. Stretch your arms straight in front of your body. Turn your arms and upper body from side to side.

1.2 Dumbbell stretch



Instruction:

Stand hip-width on the Vibrosphere®. Slightly bend your knees. Hold a dumbbell in one hand and bend that arm so that your elbow is pointing towards the ceiling. Stretch your arm towards the ceiling and slowly release.

1.3 Back lift

**Instruction:**

Stand hip-width on the Vibrosphere®. Hold a dumbbell in each hand. Bend towards the floor as far as possible while maintaining the natural curve of your back. Lift upwards by stretching your back.

Programme 1 ●●

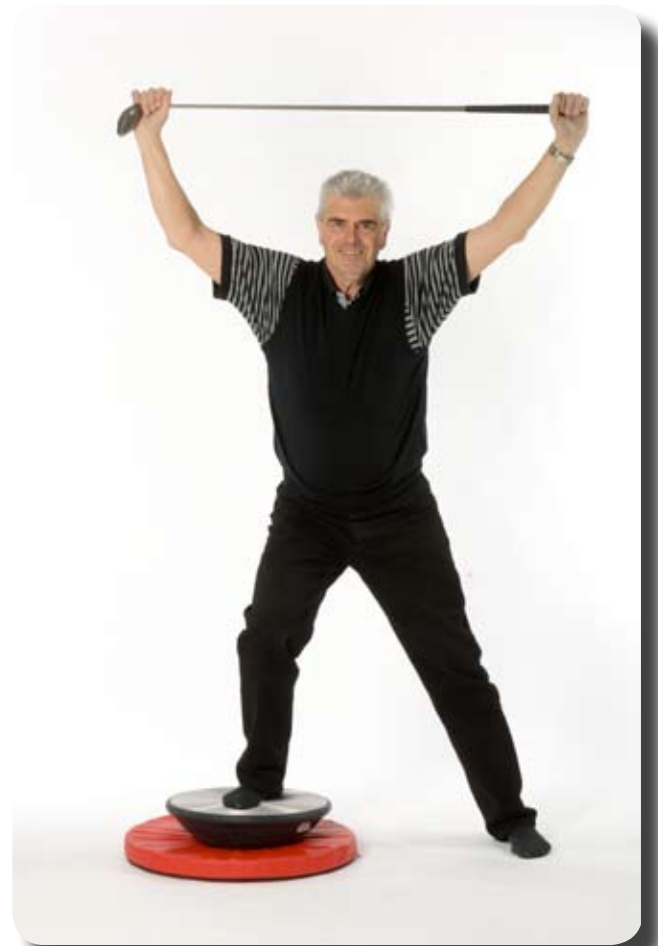
1.4 Trunk stabilisation with a dumbbell above the head



Instruction:

Hold a dumbbell with both hands. Stand hip-width on the Vibrosphere®. Move the dumbbell forwards and backwards above your head. Keep your core control.

1.5 Fixed sideways lunge

**Instruction:**

Stand with one foot on the Vibrosphere®. Place the other foot on the floor sideways, a bit away from the Vibrosphere®. Bend your knee at a maximum angle of 90°, and ensure that the kneecap is pointing forwards. Hold the position.

Programme 1 ●●

1.6 Shoulder stabilisation while lying down



Instruction:

Place both hands on the Vibrosphere®. Put your knees on the ground. Press your body towards the ceiling by pushing your arms down towards the Vibrosphere®. Hold the position.

2.1 Alternating punch

**Instruction:**

Stand hip-width on the Vibrosphere®. Rotate the trunk and throw punches with a dumbbell in each hand. Switch back and forth between the arms. Keep your core control.

2.2 Trunk twist



Instruction:

Stand hip-width on the Vibrosphere®. Rotate the legs in one direction and the trunk in the other direction. Keep your core control.

●●● Programme 2

2.3 Golf swing with a dumbbell

**Instruction:**

Stand hip-width on the Vibrosphere®. Make a golf swing movement with the dumbbell being held in both hands. Keep your core control.

Programme 2 ●●

2.4 Shoulder stabilisation while half-sitting



Instruction:

Place both hands on the Vibrosphere® behind your body. Move your shoulders backwards. Hold the position, or bend and straighten your elbows.

2.5 Balance



Instruction:

Stand with one foot in the middle of the Vibrosphere®. Slightly bend your knee. Hold the position.

Programme 2 ●●●

2.6 Functional shoulder exercise



Instruction:

Stand hip-width on the Vibrosphere® with knees slightly bent. Hold a dumbbell in each hand. Start off with the dumbbells at the same level as your knees. Lift the dumbbells forwards, up to the shoulders, and finish off by pushing the dumbbells up towards the ceiling. Slowly release back down the same way.

3.1 Diagonal dumbbell lift

**Instruction:**

Stand with one leg in the middle of the Vibrosphere®. Hold a dumbbell in one hand, and stretch the arm. Repeatedly lift the dumbbell diagonally from the one side up towards the ceiling on the other side. Repeat for the other arm.

Programme 3 ●●

3.2 Shoulder stabilisation while half-lying on a ball



Instruction:

Sit with your back facing the Vibrosphere®, and place your hands behind you on the Vibrosphere®. Place your feet on a ball in front of you. Slightly bend your elbows. Push your shoulder blades together and press your shoulders downwards while lifting up your hips as high as you can. Hold the position.

3.3 Golf swing on one leg

**Instruction:**

Stand with one foot in the middle of the Vibrosphere® and slightly bend your knee. Swing your golf club. Keep your core control and check that your hip does not fall out towards the side.

Programme 3 ●●●

3.4 Lunge with a ball



Instruction:

Place one foot in the middle of the Vibrosphere® and the other foot on the ball behind. Bend the front knee by rolling the ball backwards. Check that the knee points ahead and does not go in front of the toes.

3.5 Trunk crunch



Instruction:

Place both hands on the Vibrosphere®. Put your feet on the balance ball behind you. Bend your trunk by moving your feet closer to the Vibrosphere®. Bend your head inwards.

3.6 Hip rotation



Instruction:

Stand with one foot in the middle of the Vibrosphere®. Rotate your trunk and the other leg so that the knee reaches halfway up your body. Tighten your buttock muscles in the leg that is on the Vibrosphere®.

●●● *Mobility exercise*

R.1 Special leg bend



Instruction:

Stand hip-width on the Vibrosphere®. Hold the driver above your head with a wide grip and your arms straight. Bend your knees at a maximum angle of 90°. Keep your back curved.

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