

Golf Fitness: 30 Yards or More in 30 Days or Less

# **Golf Fitness: 30 Yards or More in 30 Days or Less**



By Christian Henning, NASM-CPT, gfs

Copyright Christian Henning. All rights reserved.  
Published by IGD Publishing  
2410 W. Memorial Road, Suite 332c  
Oklahoma City, OK USA  
405-640-1186

## Golf Fitness: 30 Yards or More in 30 Days or Less

*To my Dad and Grandfather,*

*Thank you for introducing me to the greatest game of them all.*

## Table of Contents

STOP: Do This Now!

Other Books: Shed Pounds to Shave Strokes

Welcome from Chris ...

My Mission and How Quitting Golf Led to a Big Discovery

### **Chapter One: How Can I Increase My Distance?**

Do You Have What It Takes?

How does 'Translation Training' apply to more distance and a better golf game?

### **Chapter Two: What do you need to DO to build a golf body?**

START HERE BEFORE BEGINNING PROGRAM

10 Tips for Training Safe

The Workouts

The Beginner Workouts

The Advanced Workouts

FREE: Bonus Content

### **Chapter Three: Is There Anything Else I Need To Know?**

What Else Do You Need To Know?

Q&A: Home Gym Primer

Q&A: Resistance Training

Q&A: Increasing Range of Motion

### **Chapter Four: How Do I Perform the Exercises?**

Warm Up

Foam Rolling / Trigger Point

Beginner Workout Exercises

Advanced Workout Exercises

Cool Down

Stretch & Recovery

What Should You Do Next?

Disclaimer

## **STOP! DO THIS NOW.**

As one of the 30 Yards or More in 30 Days or Less bonuses, you get FREE support via Facebook, Twitter, and Email.

Using our Facebook fan page has proven to help our clients lose fat faster and stick to your diet and workout program. That's where you'll get positive social support from people from all over the World. You can even ask Christian Henning, the author of 30 Yards or More in 30 Days or Less, all of your diet and exercise questions.

Here's how to get the most value and SUCCESS from your purchase of this book. Take care of these now, and ask a question so you can get in the habit of letting us coach you to the golf body of your dreams.

Step 1 - [Follow us on Facebook](#).

Step 2 - [Follow us on Twitter](#).

Step 3 - Enter the [Golf Body Challenge](#). This is our transformation contest that runs three times a year and gives away cash and prizes.

Please let us know if you have any questions about using the 30 Yards or More in 30 Days or Less workout program.

## Other Golf Fitness Books by Christian Henning



[Shed Pounds to Shave Strokes](#) utilizes 'Turbulence Training' and 'Translation Training' to keep your body in an ever adapting state. Through forced adaptation, we force the body to burn fat and improve golf performance. The program uses both weight training and short-burst cardio sessions.

Turbulence burns the fat off. Translation Training builds a powerful golf body.

A good analogy for Turbulence is that of a car starting and stopping. The more starting and stopping the car does, the more fuel is burned. When the car is on the highway at a constant speed, less fuel is burned.

Now consider long boring cardio sessions that last anywhere from 45 minutes to an hour. Generally, people keep the same pace over these long periods. Think highway

## Golf Fitness: 30 Yards or More in 30 Days or Less

cruising....

Less fuel burned.

To improve our golf performance, we apply Translation Training to your muscles. Essentially, we will be mimicking the primal movements that create balance, strength and power in your golf swing.

Turbulence and Translation Training by design put a huge amount of “Metabolic Disturbance” on your muscles. After your workouts, your muscles will work very hard (burning calories) to return your body to normal. That’s how both principles combine to help you lose fat and sculpt your body through proven our proven methods.

You will find bursting through fat loss plateaus becomes much easier using these principles. Most of the programs you may be familiar with are high-volume, low-intensity, and don’t stress the muscle the same way our workouts will. So if you are currently using long, slow, boring cardio and begin using the Shed Pounds to Shave Strokes workouts, you have a potent stimulus to kick-start fat loss – no matter how stubborn it was in the past.

I’ve created a progressive program for you that will get you moving and give you over 12-weeks of workouts. Whether you are a beginner or advanced, you can jump right in and see results fast.

### LOWER YOUR SCORE WHILE BURNING FAT & BUILDING STAMINA

Professional trainer and golfer, Christian Henning has designed a golf specific workout to give you the golf body you dream about.

Get Your Copy Here: ==> [Come And Get It!](#)

## Golf Fitness: 30 Yards or More in 30 Days or Less

- Melt Fat and Lower Your Score with golf specific workouts!
- Dumbbells, Stability Ball, and a Chair are all you need.
- Beginner, Intermediate, and Advanced Workouts included.
- Email Support from Golf Fitness Specialists.
- Download Now, Workout Today!



## Welcome!

Congratulations and welcome to 30 Yards or More in 30 Days or Less, the ultimate program in adding valuable driving distance to your game.

Let me be the first to congratulate you on your decision to get started on a golf fitness program.

It's been my dream to be able to share with you the information you will find in the following pages. Quite simply, I want you to play golf for a long time and be healthy.

Sure, this program is about distance, however, it will make you physically fit as well.... and the added health benefits will carry over to your every day life.

After many years of reading journals and testing in the gym, I have designed a golf performance workout aimed at increasing your body's potential and power.

Specifically... how far you hit the ball. I have spared no expense to provide you the absolute best scientific golf fitness advice – straight from the labs and gyms of the best doctors and trainers in the world.

I've also given you a secret weapon to improve your chance for success. The secret weapon is the power of social support from myself as well as our Facebook community members. By participating in our community you'll have access to the positive support environment and accountability partners that you need to continue adding yardage to your golf game.

Better yet - this community is totally FREE to you.

[Join our Golf Fitness Forum and help us build a community of like minded golfers.](#)

## Golf Fitness: 30 Yards or More in 30 Days or Less

I look forward to any questions you may have about the program.

Your coach,

*Chris Henning*

## **My Mission and How Quitting Golf Led to a Big Discovery**

*My Mission: To help 1 million golfers by the year 2020 to improve their health and play the greatest game of them all longer.*

Aid in eliminating pain and injuries, improve their golf game through improved performance and consistency, and live longer so they can comfortably play golf in to their golden years.



What has inspired me to help 1 million men and women transform their lives?

Like many Americans, bad health has taken many loved ones way to early that were

## Golf Fitness: 30 Yards or More in 30 Days or Less

close to me. Both my mother and father died in their early 60's. Smokers... who regularly ate fast food.. and cooked dinners using a deep fryer... and rarely exercised.

Even my grandfather passed away too soon in his early 70's.

Growing up, Thursday was when my dad, grandfather and I would go play golf together. My dad was decent and could hit the ball a long way.. my grandfather was like Yoda with a sand iron. He was even short like Yoda. :)

The matches were competitive but most of all - fun.

I'll never forget those days and I wish they could have gone on forever. The matches ended before they had to. Bad health took my two favorite golfing buddies from me.

Sad – and preventable, to a point.

We all die some day. However, you can extend your life by adopting some daily rituals.. Rituals that take a small fraction of time each day... but lend years to the end of your life. I'm a firm believer that taking care of yourself all of your life will help you age gracefully in your golden years. Mom, dad, and my grandpa didn't take care of themselves as well as they could have.

Who knows how many years we lost together due to the bad choices they made concerning food and exercise?

I was alone.

No one close enough to me to ask for advice when I needed a fathers advice.. or a grandfathers.. or a mothers. No one to see the accomplishments I would rise to. No one to help when the days were dark.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Yes, It Can Happen To Anyone...

Most of my life I have been physically active and taken reasonable care of myself – however – I did go through a five year span in a corporate environment where I literally 'let myself go'. Soon after my mom passed away I quit my job as an assistant pro at a golf course.. to get a real job.

I had a child on the way and could no longer get by "having fun" on the golf course. Within a few years in the corporate world I discovered I was on the same path as my parents. Bad habits soon developed as I tried to fit in to the corporate culture.

My weight ballooned up to 245 pounds. Prior to the corporate job, my weight fluctuated between 195 and 205 pounds.

Gone were the days of golfing from morning to night and being physically active. My new destiny appeared to be a wobbly chair under fluorescent lighting. I was miserable not only physically, but mentally.

I hated my situation. Kept away from the game I loved so much and trapped in an office...

Days and weeks went by without touching a golf club. My 'touch' soon followed and I became scared to even play a round of golf. If I did play, I knew the result would be depressing. Invited to play golf with friends, I would always decline. Embarrassed of how I looked and how far I had fallen athletically.

Going from a scratch golfer to someone who couldn't break 90 was a tough pill to swallow.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Even more difficult was the image I would see in the mirror. My muscular body shrouded with pounds of unwanted fat. Muscles that had lost their tone and disappeared. A few years after working in misery, I decided to finally play golf with some of my co-workers and realized my distance and my game were totally gone. I used to CRUSH the ball and out-drive just about anyone.

No longer.

I went back home.. embarrassed and ashamed.

How could I let myself go this far? I had gained 45 pounds of pure lard! I could barely walk up a flight of stairs without getting out of breath. My eating habits were relegated to drive-through windows and fast food establishments. My job was unfulfilling.

Ridiculous!

One day, I decided enough was enough. I was first going to get back my health, and second, get back my golf game. The third step would be to regain financial control of my situation.

Let me tell you, it was tough. Mentally it was as hard as anything I have ever done.

It took five years of dedicated effort to reverse the five years of 'lardiness' (my word for laziness and adding poundage).

Five years to build my lardiness, five years to take it off.

Think about that for a second... five years... Please understand this process can take awhile. Losing that fat and regaining my game were worth the five years of effort.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Maybe the weight loss was a bit slow and it didn't melt off like it does with some folks.. but I gained experience and knowledge that help me connect with people who are like I was... people that need my help.

I learned that playing golf and fitness both made me happy. Once my health was back, my golf game was in check. My joy for the game increased.

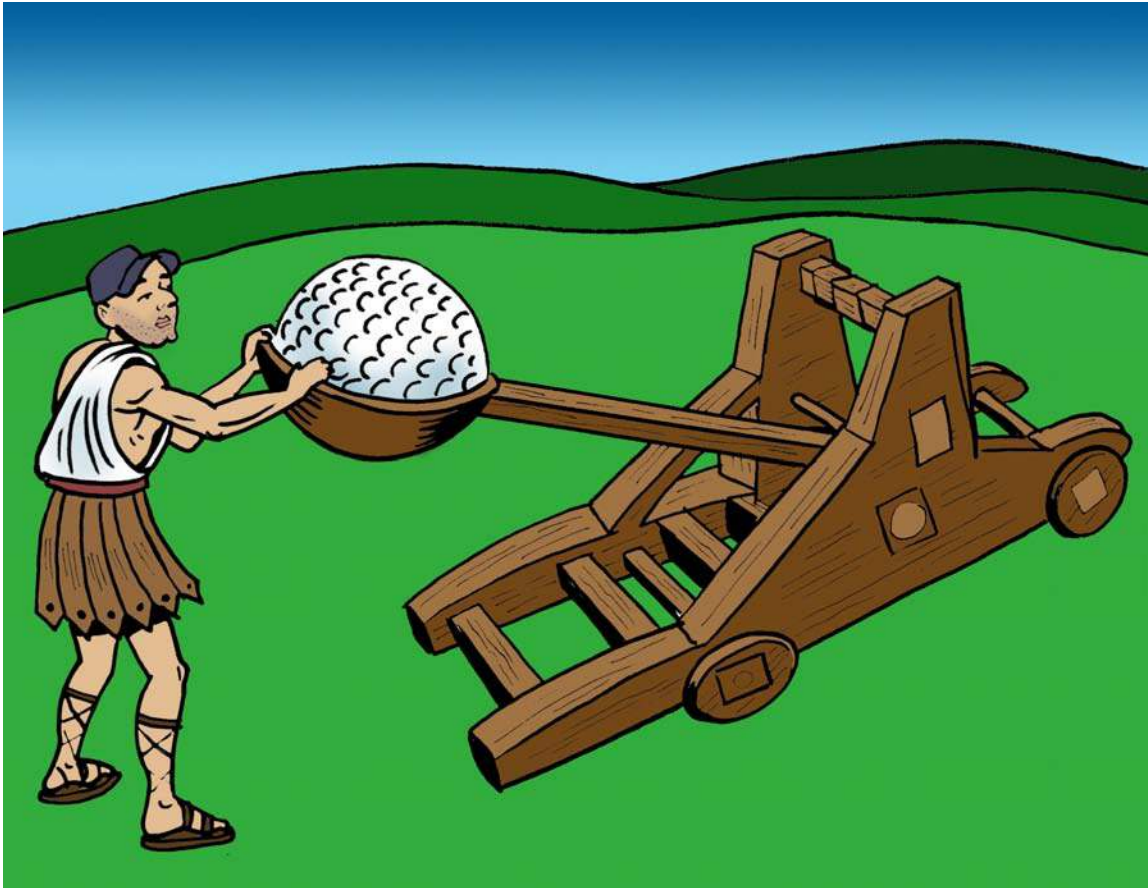
My distance was back, albeit with a new twist – I could hit it even further! In addition, my self confidence surged. I felt great about who I was and how I arrived there.

Along my journey I became a certified personal trainer, read countless books and journals, and watched tons of DVD's. And what about the job I hated? I quit and started three businesses I own, of which I still run two today. Five short years I transformed my entire life from the inside out.

Golf, fitness, and running my own businesses are my daily rituals now.

The inspiration to help 1 million women and men to transform their lives is simple... it's about helping others spend Thursday afternoon with their father and grandfather.

## Chapter One: How Can I Increase My Distance?



### Do You Have What It Takes?

It is not uncommon for me to receive daily emails or Facebook posts from happy clients that they have lost weight, feel better, and are now hitting the ball even further. There is no reason that you can not achieve the same results. To achieve those kind of results though will take dedication on your part.

I caution you, this program is not easy. This program will be challenging, but rewarding... if you stick with it. This program is not for lazy people. This program is for the serious golfer who expects more from himself.

I believe in you though, or else you would not have purchased this book. You have made a decision that buying a new club every season is not the key to more distance or a lower score. You understand that hard work is required and you are willing to put in



## Golf Fitness: 30 Yards or More in 30 Days or Less

the work. Sure, technology is great... but it won't improve your golf swing like being physically fit will. A new golf club also is short on confidence.

When you become physically fit and strong, you will exude confidence. Confidence can not be purchased off the rack.

30 Yards or More in 30 Days or Less is the culmination of years of trial and error and experimentation. Quite simply, I have done all of the research and hard work for you. 30 Yards or More in 30 Days or Less is a program you can take to the gym or perform in your home immediately.

This book will be short on 'preaching' or 'convincing' and long on 'how to'.

Quite simply, do the work, reap the benefits. I can write 100 pages of motivation and explaining how and why I arrived at each exercise and why they are placed where they are. Ultimately, the results will be on the course. Shorter irons in to the green, lower scores, bombing it past your golf buddies.

You see, I haven't designed workouts - I've designed a golf fitness system. One part balance, strength and power... one part mobility and flexibility.

Ignore one aspect, forget about reaching your full potential. I encourage you to follow the program to the letter, even if you find it difficult.

***“However beautiful the strategy, you should occasionally look at the results.” Winston Churchill***

Winston is right, and you won't get the results you want if you don't follow the entire program. Follow this program for 30 days and you will see the results you desire.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Disregard one part of the program, well... you won't get the end result you wish.

I believe in you, and countless other clients have achieved the golf game of their dreams.

Now I know some of you need a bit of theory and explanation, which I am happy to provide in this chapter. However, I will keep it brief and then get straight in to the 'what'. This program is one that you can print out tonight and be using in the gym tomorrow without a lot of instruction.

Now that we know that hard work is required, let me explain the components in a bit more detail...

### **How does 'Translation Training' give me more distance and a better golf game?**

In a nutshell, 'translation training' mimics the golf swing through specific movement patterns. The golf swing is a chain reaction of movements calling on all parts of the body. Therefore, we must train the body as such.

Focusing on exercises that compliment the golf swing, we can increase our performance. We will pay special attention to building a golf body that holds up under 18 or even 36 holes by building endurance as well. We will also increase the distance we hit our clubs, improve our balance, and reduce potential injuries.

However, we must also address other aspects of fitness that seemingly have nothing to do with the swing. To build a golf body, we need to focus on the total package.

Translation Training builds a solid foundation of physical fitness and also builds neural patterns that will make your golf swing better.

The real secret is that mobility and flexibility aspects of 30 Yards or More in 30 Days or

## Golf Fitness: 30 Yards or More in 30 Days or Less

Less are key to unleashing your distance. By lengthening your swing arc, we can increase your clubhead speed. Sure, we can increase distance by just improving your swing arc alone or by only making you more powerful physically. However, you are selling yourself short by not putting flexibility and power together. Ideally, we want to compliment a longer swing arc with the strength, balance, and power we will build.

*Flexibility and Power work better together.*

30 Yards or More in 30 Days or Less is different than traditional workouts. Traditional bodybuilding programs contain exercises that primarily work in one plane of motion for targeted muscle groups. Examples are a machine press or a machine bicep curl. These movements enhance only the primary mover muscle though such as your bicep or pectorals. These linear movements are inefficient in improving overall fitness for the golf population. However, they can be effective for speeding fat loss and we do use some of these principles in our Golf Fitness: Shed Pounds to Shave Strokes book.

To hit the ball far, you need strength, balance, flexibility, AND power.

This is why we don't use any type of machines in our 30 Yards or More in 30 Days or Less training program. 30 in 30 encompasses strength, balance, power, flexibility and range of motion to ensure maximum power output to crush the ball.

Using Translation Training (TT for short) we will mimic the golf swing and increase your range of motion, flexibility, balance, strength and ultimately explosive power.

Let me ask you a question that should help clarify the difference between traditional workouts and the 30 Yards or More in 30 Days or Less workout system.

Do you hit a ball the same way that you move on an exercise machine? No.

To back me up, I've got a few scientific studies that reveal we are on the correct path.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Studies have shown when subjects are trained on leg extension and leg curl machines; subjects did not improve their vertical jump despite increased leg strength in both exercises. However, subjects trained using barbell squats significantly improved their vertical jump. While these are only examples, you can see how machines have no business in golf training for performance.

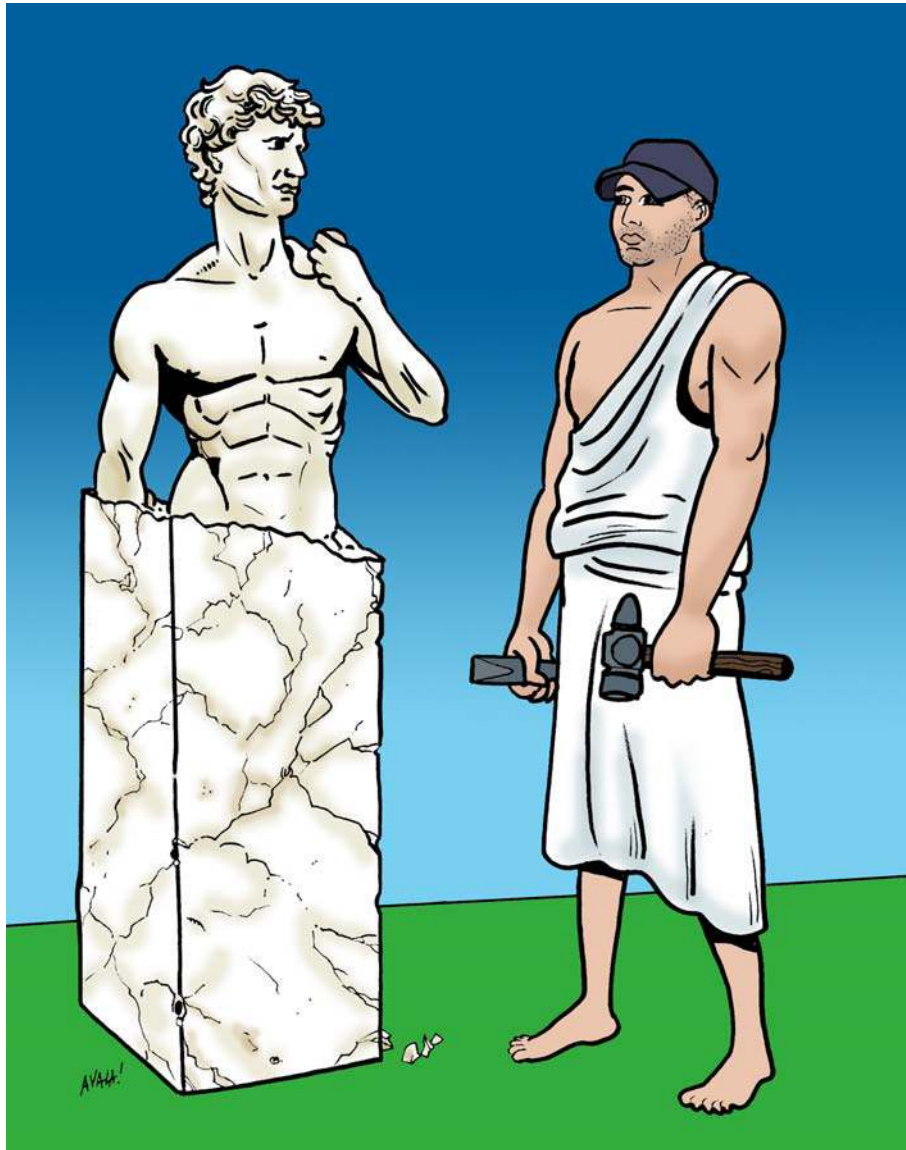
This golf fitness system relies on four underlying principles that are always factored in to our workouts:

1. Range of Motion
2. Flexibility
3. Balance
4. Strength and Power

Essentially the 30 Yards or More in 30 Days or Less goal is to bring your body back to balance, improve longevity, and give you a workout system that helps your golf game be more accurate, repetitive, and longer. 30 Yards or More in 30 Days or Less is a progressive program that rips up your physique and increases conditioning that translate to the real world as well. This means fewer injuries, ridding yourself of low back pain, and fixing pain causing muscle imbalances that are screwing up your kinetic chain.

Now, let's get to the workouts and get in the gym...

## Chapter Two: What do you need to DO to build a golf body?



### START HERE BEFORE BEGINNING PROGRAM

Q: How can I make sure I stay on course and complete the program?

Answer:

Social Support. Take a moment and enter the [Golf Body Challenge](#). This is our transformation contest that runs three times a year and gives away cash and prizes.

## Golf Fitness: 30 Yards or More in 30 Days or Less

This will provide additional motivation for you to see the program through. In addition, it just takes a few seconds to get additional social support through our groups and forum below:

Facebook - [Follow us on Facebook](#).

Twitter - [Follow us on Twitter](#).

Forum - [Join our Golf Fitness Forum and help us build a community of like minded golfers](#).

Q: Which program should I start with?

Answer:

Everyone should start with the Beginner workout program. Don't let the name fool you, the program is intense and this is the base. After four weeks on beginner, you may move to the advanced workouts for a total of 8-weeks.

Every four weeks you will progress and change workouts. For example, you will perform the Beginner workout for 4 Weeks. At the end of the 4 weeks, begin the Advanced workout.

At the end of the advanced workout, it is time to change yet again. We have other workout programs available that are golf related and challenging.

Q: But I am already exercising, where should I start? Should I really do the beginner workouts? I 'm afraid it will be too easy.

Answer:

Please start with the Beginner Workout. Even if you perform CrossFit or other advanced workouts, I want you to begin with the Beginner program. It will be challenging as long as you push yourself.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Q: So what's the "official" order of the 30 Yards or More in 30 Days or Less Workout program?

Answer:

Just to review...Everyone must start with the Beginner Workout.

1. Beginner (4 Weeks)
2. Advanced (4 Weeks)

The Golf Specific workouts listed above will take you 2 months to complete. Once the above cycle is completed, you can start another one of our [GetGolfFit.com](http://GetGolfFit.com) programs. The important thing is to constantly be changing and keep your body guessing.

## Golf Fitness: 30 Yards or More in 30 Days or Less

### 10 Tips for Training Safe

It is very important that you train within your limits with methods you are comfortable with. NEVER OVERDO THINGS!

1. ALWAYS practice an exercise with no weight or in a controlled environment before adding weight. If you are unsure how to perform a movement – ask us via Twitter, Facebook or Email!
2. If an exercise hurts or doesn't feel right – STOP. We can provide alternative movements or regressions to any exercise listed in the Shed Pounds to Shave Strokes manual. Simple ask us on for a substitution.
3. View your first week as 'practice' week. Use this time to learn the exercises with light weight. Perform one set of each exercise for the entire week. This will allow you to gauge how much weight you can handle and learn the movements well.
4. If you are feeling winded or rushed – take a break! There is no shame in needing a little extra rest between sets or exercises.
5. While our program does not use heavy weights, you may find times when you need a spotter. A spotter can help reduce risk of injury and add extra motivation. Use a spotter if you are unsure if you can safely handle a weight you are lifting.
6. Regressive exercises may be needed if you are unable to perform some of the exercises listed in our program. In many cases, this will IMPROVE performance. Don't be afraid to use a regressive movement.
7. If you purchased any additional workouts for use with Shed Pounds to Shave Strokes, please complete the Shed Pounds to Shave Strokes workouts first. Once you have completed the system, you may begin the additional workouts.
8. Perform the Joint Mobility and Dynamic Warmups before EVERY workout. These are designed to increase your range of motion and decrease injury.
9. Do not start this program if you have an injury. Consult with your Physician on when you can begin.
10. Have fun!



# Golf Fitness: 30 Yards or More in 30 Days or Less

## The Workouts



### The Beginner Workouts

**Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

Sedentary individuals and those who have not exercised consistently longer than 6-

## Golf Fitness: 30 Yards or More in 30 Days or Less

months need to start with the beginner workouts. That means if you have been sitting on a couch the past month, you need to start here.

Complete this series of workouts over the next 4 weeks.

The workout has been designed to be done in the following order:

1. Warm Up
2. Foam Rolling
3. Workout A
4. Cool Down (Stretching)
5. Stretching and Recovery

At the end of the routine, you can stretch any tight muscles.

### **Beginner Workout Guidelines**

✓ Perform each Phase for 4 weeks and then transition to the next Phase of 30 Yards in 30 Days. Morning workouts are recommended. If you are not currently following an exercise program or if you have a lot of weight to lose, you should start with the [Shed Pounds to Shave Strokes](#) program first.

- ✓ The Beginner Workout should be followed for 4-6 weeks.
- ✓ After completing the Beginner Workout, you will be ready to move to the Advanced Workouts.
- ✓ If you are at an Intermediate Level of fitness, you can perform the Beginner Workouts for 2 weeks as a lead-in to the Advanced workouts.
- ✓ If there is a 3-digit number beside an exercise, it represents the lifting tempo. – I.e. DB Reverse Lunge from Workout A in Phases 1 of the Advanced Program – The number is 2-0-1. Take 2 seconds to lower your body & without pausing, drive up to the start position in 1 second or less.
- ✓ Start every workout with the warm-up circuit and specific warm-up sets if

## Golf Fitness: 30 Yards or More in 30 Days or Less

required.

- ✓ Do not rest between exercises. Rest the recommended amount between circuits. You will find this rest time in the programs below.
- ✓ Finish each workout with stretching for the tight muscle groups only if desired.
- ✓ Please refer to the workout log sheets for more information.
- ✓ For a full description of how to perform any exercise in this workout, please see the [Exercise Descriptions](#) chapter.

### **Stretching & Recovery Guidelines**

The cornerstone of adding distance AND consistency is to increase joint mobility and range of motion. Without an increased range of motion, you will NOT be as good as you can be. Simply, you will be 'limited'.

By limited, I mean you won't be able to fully hit each position for your golf swing. I don't care what swing you use, you won't be able to get in the proper slots if your mobility is limited.

To increase your range of motion, it is vital we perform certain movements daily – even on off days. These movements do not take very long and will help the body to recover and thus add valuable yards to your game.

For most, the word recovery means to take a day off and rest. We do not adhere to this definition when speaking of joint mobility. Basically, if you don't use it, you WILL lose it. Being active actually helps our joints become more mobile.

Strategic Recovery performed on off days will prime your body for gains every single day.

**TIP:** Perform joint mobility and dynamic warm-ups each morning when you wake up if you are not working out. This ensures your body stays loose and pliable and gets you ready for the day.

On off days, perform the stretch and recovery program. Stretching and recovery is part of maintaining your body and increasing your range of motion. An increased range of

## Golf Fitness: 30 Yards or More in 30 Days or Less

motion will result in higher clubhead speed and the ability for more distance. In addition, the stretching and recovery exercises will help you get your body back in alignment and allow you a proper swing path.

### **Day 1 - Beginner Workout A**

Equipment required: Bodyweight, Stability Ball, Dumbbells, Foam Roller, Yoga Mat

#### **Warm-Up (5-Minutes)**

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

- 1A) Torso Twists :60 seconds
- 1B) Side Bends :60 seconds
- 1C) Inchworms :60 seconds
- 1D) Superman Reaches :30 seconds
- 1E) Bodyweight Squats :60 seconds
- 1F) Straight Up Sit Up :30 seconds

#### **FOAM ROLLING (7-minutes)**

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as long as possible foam rolling.

- 2A) Hamstrings :30 secs / side
- 2B) Calves :30 secs / side
- 2C) Quads :30 secs / side
- 2D) IT Band :30 secs / side
- 2E) Hip Flexors :30 secs / side
- 2F) Low Back :30 secs / side
- 2G) Upper Back / Traps :30 secs / side

## Golf Fitness: 30 Yards or More in 30 Days or Less

Rest 1 minute and move on to the workout (3A).

### Workout A (18-minutes)

3A) Single Leg Reaching Lunge – 30 seconds each leg

3B) Kneeling on Stability Ball – 30 seconds

3C) Scorpion – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) Dumbbell Woodchop – 30 seconds each side

4B) Prisoner Squat – 30 seconds

4C) Plank– 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit once more for a total of 2 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below superset.

5A) Stability Ball Leg Curl – 30 seconds

5B) Bicycle Crunch – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 30 seconds after completing the superset. Repeat the superset once more for a total of 2 rounds, resting 30 seconds between each. End workout.

✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

### Cool Down (8-Minutes)

## Golf Fitness: 30 Yards or More in 30 Days or Less

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

## Golf Fitness: 30 Yards or More in 30 Days or Less

### **Day 2 - Mobility and Flexibility**

Equipment required: Bodyweight, Yoga Mat

#### **MOBILITY (5-minutes)**

Perform each exercise for 30 seconds.

1A) Three Plane Neck x :30

1B) Shoulder Circles x :30

1C) Fist Exercise x :30

1D) Wrist Rotations x :30

1E) Elbow Circles x :30

1F) Egyptian x :30

1G) Arm Circles x :30

1H) Hula Hoop x :30

1I) Ankle Circles x :30

1J) Knee Circles x :30

#### **FLEXIBILITY (7 Minutes, 30 Seconds)**

Hold each stretch for 30 seconds.

2A) Toe Hang x :30

2B) Cobra x :30

2C) Spine Rotation w/ Club x :30

2D) Head Turner x :30

2E) Headache Buster x :30

2F) Chest Stretch 1 x :30

2G) Chest Stretch 2 x :30

2H) Backswing Angel x :30

2I) Wrist Flexion x :30

2J) Shoulder Stretch x :30

2K) Kneeling Hip Flexor x :30

## Golf Fitness: 30 Yards or More in 30 Days or Less

2L) Piriformis x :30

2M) Seated Groin Stretch x :30

2N) Downward Facing Dog x :30

- ✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 3 - Beginner Workout B

Equipment required: Bodyweight, Stability Ball, Dumbbells, Foam Roller, Yoga Mat

#### Warm-Up (5-Minutes)

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

- 1A) Torso Twists :60 seconds
- 1B) Side Bends :60 seconds
- 1C) Inchworms :60 seconds
- 1D) Superman Reaches :30 seconds
- 1E) Bodyweight Squats :60 seconds
- 1F) Straight Up Sit Up :30 seconds

#### FOAM ROLLING (7-minutes)

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as long as possible foam rolling.

- 2A) Hamstrings :30 secs / side
  - 2B) Calves :30 secs / side
  - 2C) Quads :30 secs / side
  - 2D) IT Band :30 secs / side
  - 2E) Hip Flexors :30 secs / side
  - 2F) Low Back :30 secs / side
  - 2G) Upper Back / Traps :30 secs / side
- Rest 1 minute and move on to the workout (3A).

#### Workout B (16-minutes, 30 Seconds)

## Golf Fitness: 30 Yards or More in 30 Days or Less

3A) Address Position Rotations – 30 seconds each leg

3B) Backward Lunge – 30 seconds each leg

3C) Warrior Row – 30 seconds each leg

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) Plyo Squat Reach– 30 seconds

4B) Boat Pose – 30 seconds

4C) Pushup W/Feet on Stability Ball – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

5A) Straight Up Sit ups – 30 seconds

5B) Sergio Garcia's– 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

### **Cool Down (8-Minutes)**

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are

## Golf Fitness: 30 Yards or More in 30 Days or Less

serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 4 - Mobility and Flexibility

Equipment required: Bodyweight, Yoga Mat

#### **MOBILITY (5-minutes)**

Perform each exercise for 30 seconds.

1A) Three Plane Neck x :30

1B) Shoulder Circles x :30

1C) Fist Exercise x :30

1D) Wrist Rotations x :30

1E) Elbow Circles x :30

1F) Egyptian x :30

1G) Arm Circles x :30

1H) Hula Hoop x :30

1I) Ankle Circles x :30

1J) Knee Circles x :30

#### **FLEXIBILITY (7 Minutes, 30 Seconds)**

Hold each stretch for 30 seconds.

2A) Toe Hang x :30

2B) Cobra x :30

2C) Spine Rotation w/ Club x :30

2D) Head Turner x :30

2E) Headache Buster x :30

2F) Chest Stretch 1 x :30

2G) Chest Stretch 2 x :30

2H) Backswing Angel x :30

2I) Wrist Flexion x :30

2J) Shoulder Stretch x :30

2K) Kneeling Hip Flexor x :30

## Golf Fitness: 30 Yards or More in 30 Days or Less

2L) Piriformis x :30

2M) Seated Groin Stretch x :30

2N) Downward Facing Dog x :30

- ✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 5 - Beginner Workout C

Equipment required: Bodyweight, Exercise Tubing, Dumbbells, Foam Roller, Yoga Mat

#### Warm-Up (5-Minutes)

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

- 1A) Torso Twists :60 seconds
- 1B) Side Bends :60 seconds
- 1C) Inchworms :60 seconds
- 1D) Superman Reaches :30 seconds
- 1E) Bodyweight Squats :60 seconds
- 1F) Straight Up Sit Up :30 seconds

#### FOAM ROLLING (7-minutes)

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as long as possible foam rolling.

- 2A) Hamstrings :30 secs / side
  - 2B) Calves :30 secs / side
  - 2C) Quads :30 secs / side
  - 2D) IT Band :30 secs / side
  - 2E) Hip Flexors :30 secs / side
  - 2F) Low Back :30 secs / side
  - 2G) Upper Back / Traps :30 secs / side
- Rest 1 minute and move on to the workout (3A).

#### Workout C (15-minutes, 30 Seconds)

## Golf Fitness: 30 Yards or More in 30 Days or Less

3A) Arnold Palmer Press – 30 seconds

3B) Tubing Rows – 30 seconds

3C) Prisoner Squat – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) Standard Pushup – 30 seconds

4B) Tubing Side Rotations – 30 seconds each side

4C) Prisoner Lunge – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

5A) Around the World – 30 seconds

5B) DB Push Press – 30 seconds each side

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

### **Cool Down (8-Minutes)**

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are

## Golf Fitness: 30 Yards or More in 30 Days or Less

serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

### **Days 6 & 7 (Off Days)**

Equipment required: Golf Clubs, Treadmill, Bicycle, Mall

Most of us lead sedentary lifestyles. As golfers though, we have an off day activity we can plug in for at least 30 minutes of easy activity. Putting on the practice green, going to the driving range, walking nine holes all qualify as easy activity. Even riding in a cart and playing golf count as easy activity.

If you find you can't play golf due to cold weather or rain you may walk on a treadmill. Go to the mall and walk around. The key is getting off your butt and doing something. Stop watching the TV and move around.

Yoga and Pilates are good off day activities as well. Just don't overdo them, our workouts are going to be strenuous during the week.



## Golf Fitness: 30 Yards or More in 30 Days or Less

The more overweight you are, the more you should focus on non-weight bearing activities. Swimming and bicycling are great activities.

Remember, it's an easy activity, it should NOT be intense.

## Golf Fitness: 30 Yards or More in 30 Days or Less

### The Advanced Workouts

Congrats! You've made it to the final workout. This is where the rubber meets the road in terms of golf performance. Additional dynamic power moves are now added to the routine. This provides the spark that ignites higher club head speed.

Only attempt this workout if you have successfully completed the beginner workouts! While you may feel ready, it is important to do the program in the order it was designed.

Complete this series of workouts over the next 4 weeks.

The workout has been designed to be done in the following order:

1. Warm Up
2. Foam Rolling
3. Workout A
4. Cool Down (Stretching)
5. Stretching and Recovery

At the end of the routine, you can stretch any tight muscles.

### Advanced Workout Guidelines

- ✓ Perform each Phase for 4 weeks and then transition to the next Phase of 30 Yards in 30 Days. Morning workouts are recommended. If you are not currently following an exercise program or if you have a lot of weight to lose, you should start with the [Shed Pounds to Shave Strokes](#) program first.
- ✓ The Advanced Workout should be followed for 4-6 weeks.
- ✓ After completing the Advanced workout, you should change to another [GetGolfFit.com](#) Golf Fitness Workout.
- ✓ If you are at an Intermediate Level of fitness, you can perform the Beginner Workouts for 2 weeks as a lead-in to the Advanced workouts.
- ✓ If there is a 3-digit number beside an exercise, it represents the lifting tempo.

## Golf Fitness: 30 Yards or More in 30 Days or Less

– I.e. DB Reverse Lunge from Workout A in Phases 1 of the Advanced Program –  
The number is 2-0-1. Take 2 seconds to lower your body & without pausing, drive up to the start position in 1 second or less.

- ✓ Start every workout with the warm-up circuit and specific warm-up sets if required.
- ✓ Do not rest between exercises. Rest the recommended amount between circuits. You will find this rest time in the programs below.
- ✓ Finish each workout with stretching for the tight muscle groups only if desired.
- ✓ Please refer to the workout log sheets for more information.
- ✓ For a full description of how to perform any exercise in this workout, please see the [Exercise Descriptions](#) chapter.

### Stretching & Recovery Guidelines

The cornerstone of adding distance AND consistency is to increase joint mobility and range of motion. Without an increased range of motion, you will NOT be as good as you can be. Simply, you will be 'limited'.

By limited, I mean you won't be able to fully hit each position for your golf swing. I don't care what swing you use, you won't be able to get in the proper slots if your mobility is limited.

To increase your range of motion, it is vital we perform certain movements daily – even on off days. These movements do not take very long and will help the body to recover and thus add valuable yards to your game.

For most, the word recovery means to take a day off and rest. We do not adhere to this definition when speaking of joint mobility. Basically, if you don't use it, you WILL lose it. Being active actually helps our joints become more mobile.

Strategic Recovery performed on off days will prime your body for gains every single day.

**TIP:** Perform joint mobility and dynamic warm-ups each morning when you wake up if

## Golf Fitness: 30 Yards or More in 30 Days or Less

you are not working out. This ensures your body stays loose and pliable and gets you ready for the day.

On off days, perform the stretch and recovery program. Stretching and recovery is part of maintaining your body and increasing your range of motion. An increased range of motion will result in higher clubhead speed and the ability for more distance. In addition, the stretching and recovery exercises will help you get your body back in alignment and allow you a proper swing path.

### **Day 1 - Advanced Workout A**

Equipment required: Dumbbells, Stability Ball, Bench, Medicine Ball

#### **Warm-Up (7-Minutes)**

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

1A) Torso Twists :60 seconds

1B) Side Bends :60 seconds

1C) Inchworms :60 seconds

1D) Walking Lunge :30 seconds

1E) Walkout Pushup :30 seconds

1F) Superman Reaches :30 seconds

1G) Bodyweight Squats :60 seconds

1H) Yoga Table :30 seconds

1I) Straight Up Sit Up :30 seconds

Rest 1 minute and move on to the workout (2A).

#### **FOAM ROLLING (7-minutes)**

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as

## Golf Fitness: 30 Yards or More in 30 Days or Less

long as possible foam rolling.

2A) Hamstrings :30 secs / side

2B) Calves :30 secs / side

2C) Quads :30 secs / side

2D) IT Band :30 secs / side

2E) Hip Flexors :30 secs / side

2F) Low Back :30 secs / side

2G) Upper Back / Traps :30 secs / side

Rest 1 minute and move on to the workout (3A).

### Workout A

3A) Single Leg Reaching Lunge – 30 seconds each leg

3B) Prisoner Squat – 30 seconds each leg

3C) Lateral Plank with Pushup – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) Dumbbell Woodchop – 45 seconds each side

4B) Prone Twister with Stability Ball – 45 seconds

4C) Single Leg Stability Ball Curl – 45 seconds each leg

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

5A) Horse Reach – 60 seconds each side

5B) Side to Side Lower Rotation – 60 seconds

## Golf Fitness: 30 Yards or More in 30 Days or Less

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

✓ For a full description of how to perform any exercise in this workout, please see the [Exercise Descriptions](#) chapter.

### **Cool Down (8-Minutes)**

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 2 - Mobility and Flexibility

Equipment required: Bodyweight, Yoga Mat

#### **MOBILITY (5-minutes)**

Perform each exercise for 30 seconds.

1A) Three Plane Neck x :30

1B) Shoulder Circles x :30

1C) Fist Exercise x :30

1D) Wrist Rotations x :30

1E) Elbow Circles x :30

1F) Egyptian x :30

1G) Arm Circles x :30

1H) Hula Hoop x :30

1I) Ankle Circles x :30

1J) Knee Circles x :30

#### **FLEXIBILITY (7 Minutes, 30 Seconds)**

Hold each stretch for 30 seconds.

2A) Toe Hang x :30

2B) Cobra x :30

2C) Spine Rotation w/ Club x :30

2D) Head Turner x :30

2E) Headache Buster x :30

2F) Chest Stretch 1 x :30

2G) Chest Stretch 2 x :30

2H) Backswing Angel x :30

2I) Wrist Flexion x :30

2J) Shoulder Stretch x :30

2K) Kneeling Hip Flexor x :30

## Golf Fitness: 30 Yards or More in 30 Days or Less

2L) Piriformis x :30

2M) Seated Groin Stretch x :30

2N) Downward Facing Dog x :30

- ✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 3 - Advanced Workout B

Equipment required: Dumbbells

#### Warm-Up (7-Minutes)

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

- 1A) Torso Twists :60 seconds
- 1B) Side Bends :60 seconds
- 1C) Inchworms :60 seconds
- 1D) Walking Lunge :30 seconds
- 1E) Walkout Pushup :30 seconds
- 1F) Superman Reaches :30 seconds
- 1G) Bodyweight Squats :60 seconds
- 1H) Yoga Table :30 seconds
- 1I) Straight Up Sit Up :30 seconds

Rest 1 minute and move on to the workout (2A).

#### FOAM ROLLING (7-minutes)

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as long as possible foam rolling.

- 2A) Hamstrings :30 secs / side
- 2B) Calves :30 secs / side
- 2C) Quads :30 secs / side
- 2D) IT Band :30 secs / side
- 2E) Hip Flexors :30 secs / side
- 2F) Low Back :30 secs / side
- 2G) Upper Back / Traps :30 secs / side

## Golf Fitness: 30 Yards or More in 30 Days or Less

Rest 1 minute and move on to the workout (3A).

### Workout B

3A) Single Leg Rotations – 30 seconds each leg

3B) Lunge with Knee Raise – 30 seconds each leg

3C) Warrior Row Press – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) 1 Leg Plyo Squat Reach – 45 seconds each side

4B) Over / Under Boat – 45 seconds

4C) Lateral Plyo Pushup – 45 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

5A) Russian Twists – 60 seconds each side

5B) Sergio Garcia's – 60 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

### Cool Down (8-Minutes)

## Golf Fitness: 30 Yards or More in 30 Days or Less

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 4 - Mobility and Flexibility

Equipment required: Bodyweight, Yoga Mat

#### **MOBILITY (5-minutes)**

Perform each exercise for 30 seconds.

1A) Three Plane Neck x :30

1B) Shoulder Circles x :30

1C) Fist Exercise x :30

1D) Wrist Rotations x :30

1E) Elbow Circles x :30

1F) Egyptian x :30

1G) Arm Circles x :30

1H) Hula Hoop x :30

1I) Ankle Circles x :30

1J) Knee Circles x :30

#### **FLEXIBILITY (7 Minutes, 30 Seconds)**

Hold each stretch for 30 seconds.

2A) Toe Hang x :30

2B) Cobra x :30

2C) Spine Rotation w/ Club x :30

2D) Head Turner x :30

2E) Headache Buster x :30

2F) Chest Stretch 1 x :30

2G) Chest Stretch 2 x :30

2H) Backswing Angel x :30

2I) Wrist Flexion x :30

2J) Shoulder Stretch x :30

2K) Kneeling Hip Flexor x :30

## Golf Fitness: 30 Yards or More in 30 Days or Less

2L) Piriformis x :30

2M) Seated Groin Stretch x :30

2N) Downward Facing Dog x :30

- ✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Day 5 - Advanced Workout C

Equipment required: Stability Ball, Exercise Tubing, Medicine Ball

#### Warm-Up (7-Minutes)

Go through the following with no rest between exercises. If you have a clock with a timer, you can use it to know when to switch to the next exercise.

- 1A) Torso Twists :60 seconds
- 1B) Side Bends :60 seconds
- 1C) Inchworms :60 seconds
- 1D) Walking Lunge :30 seconds
- 1E) Walkout Pushup :30 seconds
- 1F) Superman Reaches :30 seconds
- 1G) Bodyweight Squats :60 seconds
- 1H) Yoga Table :30 seconds
- 1I) Straight Up Sit Up :30 seconds

Rest 1 minute and move on to the workout (2A).

#### FOAM ROLLING (7-minutes)

While this is optional, it is highly recommended you foam roll. Foam rolling is like getting a massage. It relaxes and prepares your deep tissue and muscles for work. Below is the bare minimum amount of time I recommend. Preferably, I would like you to spend as long as possible foam rolling.

- 2A) Hamstrings :30 secs / side
- 2B) Calves :30 secs / side
- 2C) Quads :30 secs / side
- 2D) IT Band :30 secs / side
- 2E) Hip Flexors :30 secs / side
- 2F) Low Back :30 secs / side
- 2G) Upper Back / Traps :30 secs / side

## Golf Fitness: 30 Yards or More in 30 Days or Less

Rest 1 minute and move on to the workout (3A).

### Workout C

3A) Snowmans (Figure Eights) – 30 seconds

3B) Tubing Rows – 30 seconds

3C) Prisoner Diagonal Lunge – 30 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

4A) Pushup – 45 seconds

4B) Tubing External Rotations – 45 seconds each arm

4C) Prisoner Squat – 45 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

5A) Shoulder Fly's with Band – 60 seconds

5B) Lunge with Medicine Ball Twist – 60 seconds

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit. Repeat the circuit twice more for a total of 3 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

✓ For a full description of how to perform any exercise in this workout, please see the Exercise Descriptions chapter.

### Cool Down (8-Minutes)

## Golf Fitness: 30 Yards or More in 30 Days or Less

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are serious about improving your flexibility.

Perform the following exercises in progression starting with your left side. Once you have completed the routine, start it over again with your right side. Certain movements such as Cobra and Downward dog are not side specific, so repeat these just as you did the first time through.

6A) Shoulder Stretch :30 seconds

6B) Standing Hamstring :30 seconds

6C) Butterfly :30 seconds

6D) Psoas :30 seconds

6E) Cobra :30 seconds

6F) Downward Dog :30 seconds

6G) Pigeon :30 seconds

6H) Child's Pose :30 seconds

### **Days 6 & 7 (Off Days)**

Equipment required: Golf Clubs, Treadmill, Bicycle, Mall

Most of us lead sedentary lifestyles. As golfers though, we have an off day activity we can plug in for at least 30 minutes of easy activity. Putting on the practice green, going to the driving range, walking nine holes all qualify as easy activity. Even riding in a cart and playing golf count as easy activity.

If you find you can't play golf due to cold weather or rain you may walk on a treadmill. Go to the mall and walk around. The key is getting off your butt and doing something. Stop watching the TV and move around.



## Golf Fitness: 30 Yards or More in 30 Days or Less

Yoga and Pilates are good off day activities as well. Just don't overdo them, our workouts are going to be strenuous during the week.

The more overweight you are, the more you should focus on non-weight bearing activities. Swimming and bicycling are great activities.

Remember, it's an easy activity, it should NOT be intense.

## Chapter Three: Is There Anything Else I Need To Know?



### What Else Do You Need To Know?

Last chapter we learned the workouts and exercises that will be used to add distance and perfect our new golf body. Think of these as the tools to sculpt your new golf body.

These tools may be different than what you are using now... and that's good a good thing. I've found that those who switch from traditional workouts based on bodybuilding techniques see big results, quickly. Simply, your body doesn't know what just happened and it must adapt.

A shock to the system.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Now that we know what works and why it works, we must apply this knowledge.

Getting started is pretty easy, and I have laid out a plan for you. In fact, if you are ready, go back to the Workouts Chapter and get started. However, some of you may have questions about the workouts and want a bit more understanding before you get started. Wrapping your head around a new workout plan is always a challenge. You want to understand all of the ins and outs of the program before starting.

I've found that most questions you may have right now have already been asked by my past clients. When clients email in for help, I usually see the same questions over and over.

I've compiled the most frequent questions I receive and have placed them in four sections for your convenience:

Home Gym Primer

Resistance Training

Range of Motion

And as always, if you have a question and need help, please contact me:

[Ask a Question on Facebook](#)

[Ask a Question Via Twitter](#)

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Q&A: Home Gym Primer

Q: What do I need to start working out?

Answer:

The 30 Yards or More in 30 Days or Less program was designed to be done at home or the gym with a minimal amount of equipment. Preparing your home gym is affordable and easy. In fact, you can get by with the bare essentials if you are on a budget.

Splurging just a bit can fit you nicely for any type of exercise needed. Below is a list of 7 pieces of must own equipment to get the most out of this golf fitness program. You may also workout in a gym, which will have most if not all of the equipment required.

1. Dumbbells - I prefer the hexagon ended dumbbells because they can be used for more complex movements in our advanced golfer workouts. A good range here is 10, 15, 20, 25 pounders for the 30 Yards or More in 30 Days or Less workouts. You most likely have some already. Another option is the [Bowflex Selecttech dumbbells](#) listed below.
2. [Swiss Ball](#) – also called a stability ball. 65cm is a good size to get. This can be deflated and brought along with you on trips.
3. [Yoga Mat](#) – nothing fancy here and something not too thick. The thicker the mat, the harder it is to maintain balance. This is for stretching and exercises performed on the ground.
4. Exercise Bands – these may be purchased affordably from just about any athletic store. However, we highly recommend [Bodylastics](#) exercise bands, which come with a lifetime warranty and are highly portable for travel. These can be used instead of dumbbells for most exercises.
5. Foam Roller Kit. Any foam roller will do, but we found the [Rumble Roller](#) to work just fine for our needs.

#### OPTIONAL:

- [GymBoss Timer](#) – Some exercises are timed and a good programmable timer is recommended. This is also available for iPhone, iPod and Android devices for cheap.

## Golf Fitness: 30 Yards or More in 30 Days or Less

- Medicine Balls – 5, 8, 10 pounds is good. Dumbbells can be substituted in lieu of medicine balls.
- [Adjustable Dumbbells such as those made by Bowflex](#). 5-55 lb range is perfect for this golf program. CAUTION: Bowflex Selecttech are GREAT as long as you don't get rough with them or do renegade rows. I've sent back so many handles I can't count. For affordability and durability I recommend the old iron dumbbells.

In addition to workout tools, you should buy some measurement tools. These will be used to assess your progress physically.

- Buy a high quality digital or arm scale (like your doctor has). You can ignore ones that measure body fat, as these are not proven to be 100% accurate.
- Buy a good set of calipers and tape measure. I recommend Slim Guide skinfold caliper and MyoTape. Both can be purchased affordably at [Amazon.com](https://www.amazon.com).

As you can see, you can purchase all of the above items from the comfort of your own home and have them delivered quickly. Amazon is a great place to get all of the above.

## Golf Fitness: 30 Yards or More in 30 Days or Less

### Q&A: Resistance Training

Q: What's the first thing I should do when starting 30 Yards or More in 30 Days or Less?

Answer:

Keep it simple and focus on three things only:

1. Recruit your friends, family, doctor. Join our [Facebook fan page](#) for added social support.
2. Focus on simple nutrition. Simple nutrition is eating natural, whole foods in place of processed foods. You can eat as much fruit and vegetables as you like. I've never know anyone to get fat on eating too many carrots. Vegetables such as broccoli, green beans, carrots, cucumbers. Fruit such as blueberries, apples, oranges. Lean proteins such as turkey, lean ground beef, and chicken. Fiber rich snacks such as almonds, and hummus (watch the pita chips and use carrots instead). Drink plenty of water, and you can even enjoy green tea and sugar free drinks.
3. Performing the exercises as prescribed. The program is designed to couple weight training and high intensity intervals to produce maximum results. One without the other makes for a very bland cocktail. You can't have a rum and coke without the rum (which reminds me, try to limit your alcohol intake during this program for max results).

Q: How much distance can I add with 30 Yards or More in 30 Days or Less?

Answer:

Quite a bit. Most people on average have reported 15 yards. Consider this is about 1 1/2 to 2 clubs difference, this means hitting a 9-iron in to a green instead of a 7-iron. You are more accurate with your 9-iron, right?

Q: How fast can I add distance with the 30 Yards or More in 30 Days or Less workouts?

Answer:

This really depends on how well you stick to the program. If you do all of the stretching, workouts, and recovery days as prescribed, you can see results in as little as 10 days. If

## Golf Fitness: 30 Yards or More in 30 Days or Less

you half ass it, well, expect half ass results.

The secret ingredient to this program is the range of motion and stretching. This gives us a bigger swing arc. A bigger swing arc can equal more distance if you have more power available. As you can see, the workouts and range of motion are important.

Divided we fall, united we crush the ball.

Q: Will 30 Yards or More in 30 Days or Less help me turn fat into muscle?

Answer:

No, this is a myth that is as old as Betty White. 30 Yards or More in 30 Days or Less will help you sculpt your body like an artist. The end result will be a lean athletic golf body.

Not only will you feel and look better, you will play golf better.

Q: Why should I only use each workout level of 30 Yards or More in 30 Days or Less for 4 weeks?

Answer:

Re-read this previous chapter for the specifics.

Q: When should I workout? Is it better to workout in the morning?

Answer:

It doesn't matter when you workout. It only matters that you workout.

Consistency is key to success with this program. So find a time when you can be alone and focus on your workouts. Eliminate all distractions.

Q: I work 45-65 hours per week and I have a young family. How do I fit exercise into my day?

Answer:

Get up early and before anyone else is up. Alternatively, do the workouts at night after the children are in bed.

## Golf Fitness: 30 Yards or More in 30 Days or Less

It is important that you schedule your workouts as time for yourself. Pretend it's a very important appointment each day that can not be missed. After all, you are trying to lose weight to live longer in addition to improving your golf game right?

Q: I don't understand the format of the 30 Yards or More in 30 Days or Less workouts.

Can you

explain what supersets are?

Answer:

Supersets are paired exercises done back to back. There is no rest when moving from exercise A to exercise B. However, we do rest after both exercise A and exercise B have been completed.

Here is an example superset taken from our Beginner Workout A:

Superset #1

1A) Pushup x 12

1B) Stick-up x 12

Rest 1 minute and repeat 2 more times.

The two exercises in this superset are Pushups and Stick-Ups. Perform 12 pushups then immediately do 12 stick-ups with no rest between. When you complete the Stick-Ups rest one minute, then perform this superset 2 more times starting with Pushups.

Q: For exercises where you do each side, if you list 8 repetitions, does that mean I do 8 reps on each side?

Answer:

Yes.

Q: What does tempo mean? What does the 2-0-1 mean?

Answer:



## Golf Fitness: 30 Yards or More in 30 Days or Less

The numbers are seconds for each phase of a repetition.

2 - The first number means the lowering phase of the exercise. In this example, 2 seconds.

0 - This is the amount of time you would pause the weight in the lowest position. Such as a bench press when you lower the weight to your chest. 0 seconds would mean there is no pause.

1 - This is the lifting phase. Try to raise the weight back to the starting position in 1 second.

For example, in a pushup done with a 2-0-1 tempo, you would take 2 seconds to lower your body, 0 seconds to pause (no pause), and then one second to push yourself up.

Q: How much weight should I use?

Answer:

Pick a weight that allows you to get 1 more repetition than required. For example, if the workout asks for 8 repetitions - choose a weight that you can do 9 or 10 times. This would be a good weight for all 3 sets.

If you pick a weight you can only do 5 times, it's time to choose a lighter weight for your next set.

Alternatively, if you pick a weight you can do 12 or 15 times, you need to pick a heavier weight for your next set. Trial and error is the only way to find the proper weights to use.

Don't forget to write down the amount of weight you used for your exercises.

Q: Can I do my resistance training one day and interval training the next day?

Answer:

This is fine. I prefer to hammer them both out in the same workout so I can check that off

## Golf Fitness: 30 Yards or More in 30 Days or Less

my daily to do list though.

Again, if you have more time do both on the same day. If you are short on time, it is fine to break these apart.

Q: Can I lose fat from a specific area by doing certain exercises? What exercises will help me lose fat from my inner thighs and my love handles?

Answer:

No. Spot removal is a myth.

If I knew there was one secret for spot removal I would be rich... and I'm not.

The body is pre-set on where it stores fat and in what amounts. Conversely, bodybuilders frequently sculpt their muscles with specific body part workouts. Unfortunately fat doesn't work in this same manner. Muscles are controlled by voluntary movement and respond to stimuli. Fat just hangs around.

Doing one thousand crunches a day won't burn off your belly fat. In fact, you will just have bigger ab muscles under the fat making your belly stick out even more.

Here are 5 Fat Loss Tips from my good friend Craig Ballantyne:

1. Eat several small meals per day, rather than 2-3 large meals.
2. Monitor your food intake using [fitday.com](http://fitday.com).
3. Determine how many calories you should eat per day to maintain your bodyweight.
4. If you want to lose fat, start by reducing your food intake by 200-300 calories per day below your maintenance level and add 3 workouts per week using the exercise techniques discussed below.
5. Stop eating processed foods and replace all sweetened beverages with water or

## Golf Fitness: 30 Yards or More in 30 Days or Less

Green Tea. This can quickly reduce your food intake by many, many calories.

Q: I see the 30 Yards or More in 30 Days or Less Workout schedule calls for 30 minutes of easy activity on off days. What activities qualify for easy activities?

Answer:

Included in this program are Flexibility and Stretching routines to use on your off days. These will count as your easy activity. If you feel adventurous, you can use the stretching routines before before or first thing in the morning.

Most of us lead sedentary lifestyles. As golfers though, we have an off day activity we can plug in for this 30 minutes of easy activity. Putting on the practice green, going to the driving range, walking nine holes all qualify as easy activity. Even riding in a cart and playing golf count as easy activity.

If you find you can't play golf due to cold weather or rain you may walk on a treadmill. Go to the mall and walk around. The key is getting off your butt and doing something. Stop watching the TV and move around.

Yoga and Pilates are good off day activities as well. Just don't overdo them, our workouts are going to be strenuous.

The more overweight you are, the more you should focus on non-weight bearing activities. Swimming and bicycling are great activities.

Remember, it's an easy activity, it should NOT be intense.

Q: I do have two questions: First, you say don't go to failure on sets. Why? Second, for cardio (intervals), why the bike over running?

Answer:

Question 1: Safety first. You can hurt yourself lifting weights. Most don't have access to

## Golf Fitness: 30 Yards or More in 30 Days or Less

a spotter and going to failure is a recipe for disaster.

Another reason not to go to failure is that it's not going to help you much more than having 1 or 2 reps left in the tank. Stopping one rep short of failure will still give you the same benefits as going to failure, but without risking the chance of improper technique.

Question 2: Intervals on the bike are safer and more effective. You can't really fall off an exercise bike. I guess you can if you had too much to drink. But we won't be drinking and exercising at the same time.

Running outside you can step on a rock, step in a hole, or sprain a muscle if you don't take the time to properly warm up. Sprinting outside really does require an extensive warmup. If you are short on time, go with the bike.

### **Q&A: Increasing Range of Motion**

Q: What is Range of Motion?

Answer:

Range of motion is simply the range your joints, muscles, and connective tissues allow you to move. If your muscles are tight, you have reduced range of motion. The same goes for your connective tissues such as ligaments and tendons. Your joints can also be stiff from lack of use. By applying a specific stretching and range of motion workout we have restore the proper movement to your body. However, this can take time and patience.

Q: What is Joint Mobility?

Answer:

Joint Mobility is the first building block to a successful workout program. The goal of Joint Mobility is to pump fresh synovial fluid into the joint and reduce resistance. Basically, a joint mobility program greases the wheels of motion. If you've been static and not moved much, your joints might feel old and stiff. You can get rid of this by doing a daily Joint Mobility routine. A good program starts at your neck and moves all the way down the body hitting all the major joints.

Q: How Many Reps Should I Do for Joint Mobility?

Answer:

Good question and I generally recommend reps based on your age. If you are 30, do 30 reps of each Joint Mobility exercise. You can also just do what feels good to you. If 10 feels good and the joint is nice and smooth stop there.

## Golf Fitness: 30 Yards or More in 30 Days or Less

Q: So what is Foam Rolling?

Answer:

SMR is performed with a foam roller to break up adhesions formed by your muscles. Adhesions can form from overuse, improper use, or injury that reduce your range of motions. The adhesions actually form to prevent further injury. The adhesions form across the muscle and restrict the muscle from working properly. A foam roller allows you to massage adhesions and break them down so the muscle is nice and straight. When the muscle is nice and connected again without adhesions your range of motion is restored.

Your own bodyweight is used against the firmness of the foam roller to massage knotted muscles back to normal. Essentially, you are trying to break down the adhesion to restore normal musculature.

Q: How do I foam roll?

Answer:

SMR could not be simpler. Basically you use gravity and your own bodyweight to apply pressure to knots in your muscles. You roll out until you feel discomfort in your muscle.

Once you have reached a pain point, you hold yourself in position and let gravity do its work. The muscle will eventually relax and release and you will feel a reduction in pain. A good rule of thumb is to allow at least 30 seconds on the spot or until you feel the muscle actually relax.

Q: How long should I hold a stretch?

Answer:

Aim for at least 20 seconds up to 60 seconds. You want to make sure you stretch a little

## Golf Fitness: 30 Yards or More in 30 Days or Less

bit further than the day before. Stop if you feel a sharp pain, that is too much of a stretch and you could injure yourself.

## Chapter Four: How Do I Perform the Exercises?





# Golf Fitness: 30 Yards or More in 30 Days or Less

## Warm Up

Perform this warmup before your workout. Properly warming up will allow your body to loosen up and reduce injury while improving performance.

## Torso Twists

1. Stand with feet shoulder width apart.
2. Place a golf club on shoulders behind your neck and hang on to club with hands.
3. Rotate to the left and right, allowing your heel to come off ground.
4. Rotate left at a 90 degree angle and then back to the right.



## Side Bends

1. Stand with feet shoulder width apart.
2. Extend arms directly above head and tilt to the right, and then to your left.
3. It is important to stay 'stacked' and not let your body tilt forward or backwards.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Inchworms

1. Stand with feet together.
2. From a standing position with your feet together or slightly apart, engage ("brace") your abdominal muscles to stabilize your spine.
3. Gently exhale and bend forward from your hips ("hip hinging"). Try to keep your

## Golf Fitness: 30 Yards or More in 30 Days or Less

knees straight (but not locked). Slowly lower your torso towards the floor until you can place your fingers or palms of your hands on the floor in front of your body. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep the spine flat.

4. Slowly begin to walk your hands forward, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands forward until you reach a full-push-up position where your spine, hips and head are level with the floor (plank position)
5. Slowly begin walking your feet forward towards your hands, taking steps without moving your hands. Maintain a flat spine throughout and continue walking until your feet are close to your hands.



# Golf Fitness: 30 Yards or More in 30 Days or Less



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Walking Lunge

1. Stand with your feet shoulder-width apart.
2. Step forward with your right leg, taking a slightly larger than normal step.
3. Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
4. Lower your body until your right thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Drive through the lead leg to step forward to the standing position. Alternate sides.



## Golf Fitness: 30 Yards or More in 30 Days or Less

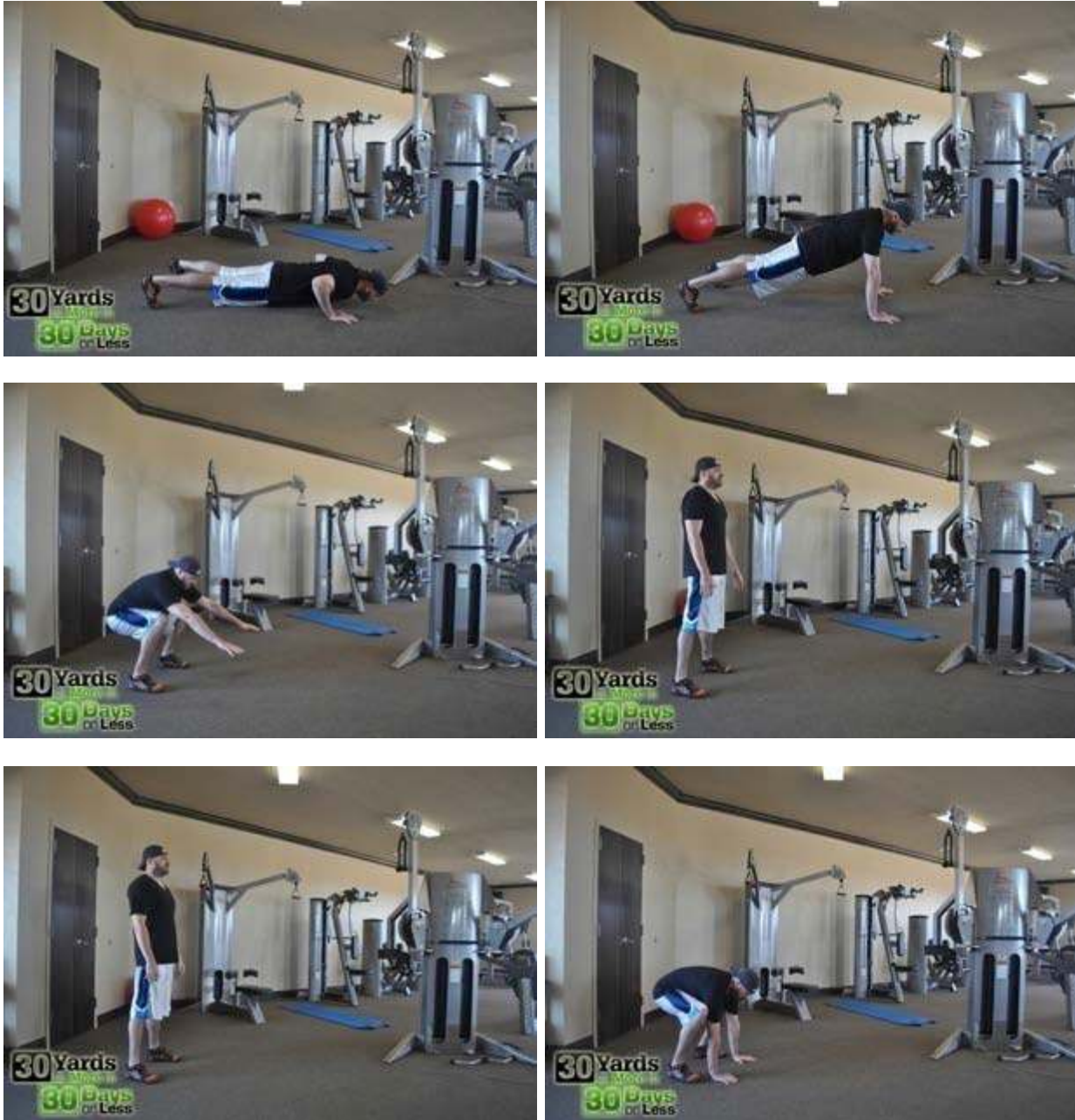


### Walkout Pushup

1. Stand with feet together.
2. From a standing position with your feet together or slightly apart, engage ("brace") your abdominal muscles to stabilize your spine.
3. Gently exhale and bend forward from your hips ("hip hinging"). Try to keep your knees straight (but not locked). Slowly lower your torso towards the floor until you can place your fingers or palms of your hands on the floor in front of your body. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep the spine flat.
4. Slowly begin to walk your hands forward, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands forward until you reach a full-push-up position where your spine, hips and head are level with the floor (plank position)



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Superman Reaches

1. Starting Position: Lie on your stomach on a mat or the floor with your legs outstretched behind you. Your toes are pointing toward the wall behind you. Reach your arms out overhead with your palms facing each other. Relax your neck and align your head with your spine.
2. Upward Phase: Exhale. Deepen your abdominal and core muscles to stabilize

## Golf Fitness: 30 Yards or More in 30 Days or Less

your spine and slowly and strongly reach both legs away from your torso until they lift a few inches off the floor. At the same time float both arms a few inches off the floor. Keep both legs and arms straight and allow any rotation in the arms, legs, shoulders or pelvis. Your head is aligned with your spine. Do not allow your head to lift up or to droop toward the floor. Do not allow the back to arch. Hold this position briefly.

3. Downward Phase: Gently inhale and lower your legs and arms back to your starting position without any movement in your low back or hips.



### Bodyweight Squats

1. Stand with your feet just greater than shoulder-width apart.
2. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Don't let your lower back become rounded.
5. Push with your glutes, hamstrings, and quadriceps to return to the start position.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Yoga Table

1. Begin by sitting on the floor with your legs extended in front of you and your arms resting at your sides in Seated Staff Pose (*Dandasana*).
2. Bend your knees and place your feet flat on the floor.
3. Place your hands several inches behind your hips, shoulder-width apart. Press your palms flat, and turn your fingertips inward so they point in the same direction you are facing (toward your toes).
4. Inhaling, press firmly into your hands and feet. Straighten your elbows, and lift your hips up toward the ceiling. Draw your shoulder blades firmly into your back and lift your chest. Try to bring your chest, torso, and knees into one straight line, parallel to the floor.
5. Keep your legs active and firm, but do not squeeze your buttocks. Press down through all ten toes.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Straight Up Sit Up

1. Lay flat on back, arms extended behind head and on floor.
2. Legs remain flat.
3. Reach up and try to touch the ceiling while contracting your abs.
4. Lower back down and lower arms back to ground.
5. Perform for 30 seconds.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Foam Rolling / Trigger Point

Foam Rolling is used as a self-massage method to help break up scar tissue that is built up over time while training. To help break up the scar tissue so blood can freely flow better to your muscles and help transport out toxins and acid build up, we roll over our muscle using a foam roller.

This will help improve mobility and recovery a ton!

This may be painful at the start but it is ESSENTIAL for improved performance and results!

Focus on rolling over the most tender areas on your body. A good rule of thumb is to do at least 10 passes over each of the areas described and pictured below.

### Hamstrings

1. Start right under your glute and continue to roll all the way down to just above the back of your knee.
2. Rotate your leg side to side to expose more tender areas.



### Calves

1. Start under your knee and continue to roll all the way down to your Achilles tendon.

## Golf Fitness: 30 Yards or More in 30 Days or Less

2. Cross one leg over the top of the other to increase amount of pressure.
3. Rotate legs side to side to expose more tender areas.



### Quads

1. Lay off to the side of the roller and start right at your hip flexor and roll all the way down to the top of your knee.
2. Rotate side to side to expose more tender areas.



### IT Band

1. This is one of the biggest problem areas for most people – It will be painful! Pay extra attention to this area.
2. Roll on your side starting just above your knee and roll all the way up to your hip.
3. Roll side to side to expose more tender areas.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Hip Flexors

1. Start off to the side of the roller at an angle.
2. Roll over your hip flexors.
3. Rotate side to side to expose more tender areas.



### Low Back

1. Start by sitting on your butt then roll back onto the roller either rolled over to the left or right side.
2. DO NOT roll directly over your spine.
3. Roll over your low back from the top of your glute up to your lats.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Upper Back / Traps

1. Starting on your upper back, raise your arms and point them to the ceiling to spread out your scapula to expose tender spots.
2. Roll side to side to hit other areas.
3. Roll up to your traps down to the bottom of your lats. You can also cross one arm over your chest to expose even more tender spots.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Beginner Workout Exercises

Exercises are listed in the order you perform them during the workout for your ease of use.

### Beginner Workout A Exercise Library

Exercises are listed below in the order you perform them during the workout.

### Single Leg Reaching Lunge

1. Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you.
2. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
3. Touch the object and return to the starting position without losing your balance.
4. Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone.
5. Perform all repetitions on the right leg and then switch.
6. As you get better, you can place 3 cones in a line (one to the left, one in the center, and one to the right). This will require greater balance.





### **Kneeling on Stability Ball**

1. Begin in a standing position with the ball in front of your shins.
2. Place your hands on top of the stability ball about shoulder width apart.
3. Slowly roll forward onto the ball with your knees, keeping your hands on the ball until you have gained your balance. It is easier to roll forward with both knees simultaneously, rather than trying to put one knee at a time onto the ball.
4. Drop your center of gravity down and backwards by straightening your arms, lifting your shoulders and dropping your hips over your ankles. Attempt to remove your hands from the ball.

**Tip: Use your feet to grip the ball when you remove your hands to increase control and stability.**

Keep practicing the kneeling position until you can perform a two-minute balance without falling or touching the ball with your hands.

To increase the difficulty of this position, try to the following variations:

- Variation 1: Start with your knees closer together.
- Variation 2: Try to balance on the front of the knees with a straight line between your knees, hips and shoulders.
- Variation 3: Try to remain totally motionless with your hands at your sides.
- Variation 4: Put some weights in your hands and try basic shoulder presses, side



## Golf Fitness: 30 Yards or More in 30 Days or Less

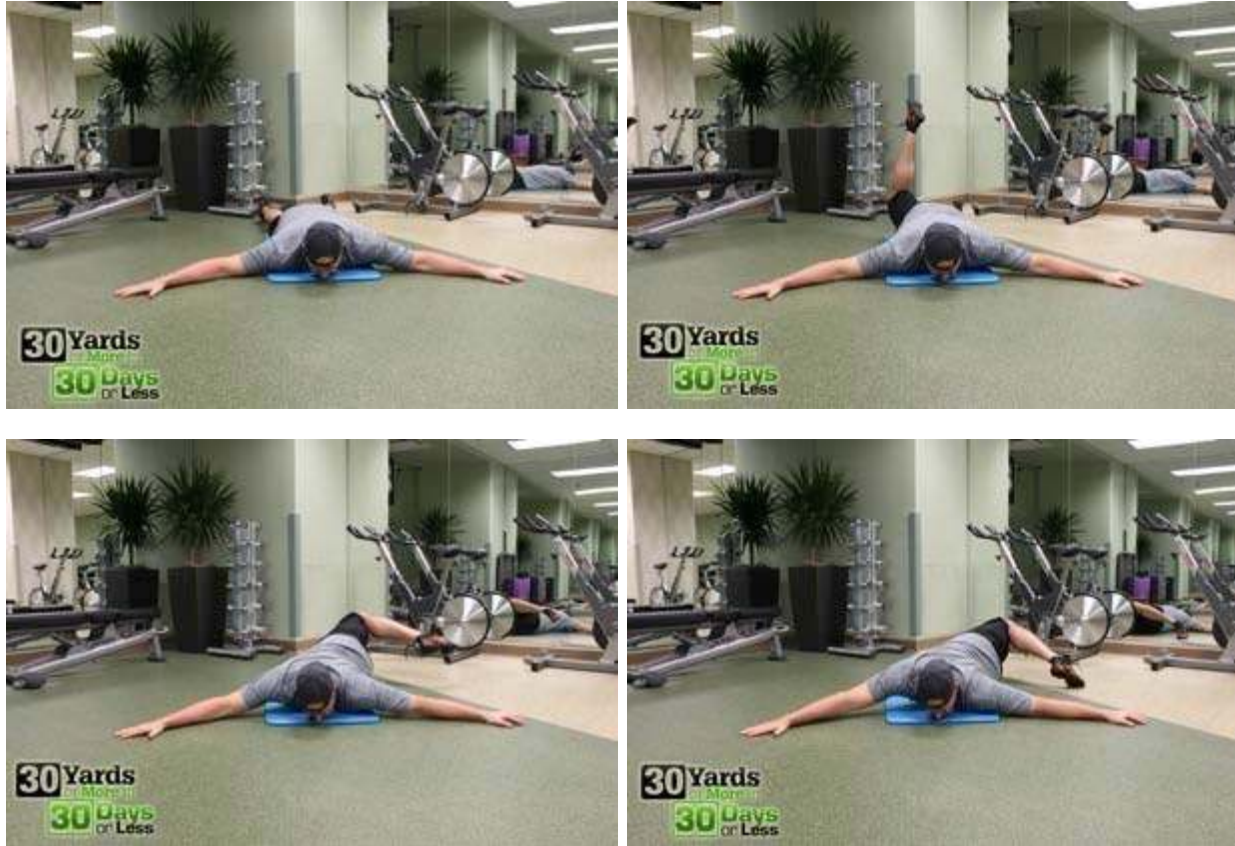
arm raises, or front raises.



### Scorpion

1. Lie face down with arms outstretched straight overhead in capital 'Y' position.
2. Pick up one foot then rotate across the midline to opposite side of hips then up.
3. Touch "heel" to ground then return.
4. Repeat with opposite side foot; alternate back and forth without pausing.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Dumbbell Woodchop

1. Stand with feet shoulder-width apart, holding a 5-pound dumbbell in front of your torso with both hands.
2. Engage your abs, keep shoulders down, and [squat](#), bringing dumbbell toward right foot.
3. Stand up, using your abs and glutes, while lifting dumbbell diagonally across your body to left shoulder.
4. Switch sides (starting to left) and repeat.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip joint. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
4. Squat as deep as possible, but keep your low back tensed in a neutral position.
5. Do not round your lower back.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Plank

1. Lie on your stomach on a mat.
2. Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
3. Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
4. Hold this position for the recommended amount of time.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Stability Ball Leg Curl

1. Lie on your back with the soles of your feet on a medium-sized Stability Ball.
2. Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
3. Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
4. Pause and slowly return the ball to the start position while keeping the hips bridged.
5. Pause again and drop your hips. Then bridge them back up and repeat the sequence.



### Bicycle Crunch

1. Lie on your back with your knees bent 90 degrees & hands behind your head.

## Golf Fitness: 30 Yards or More in 30 Days or Less

2. Lift your feet off the ground and bring your knees back towards your chest.
3. Curl your body off the ground and bring your right elbow to your left knee.
4. In the process, you should be able to bring your right shoulder blade off the ground.
5. You don't need to curl up any higher.
6. Return to the start position.
7. Then repeat the movement for the left side.
8. Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Beginner Workout B Exercise Library

Exercises are listed below in the order you perform them during the workout.

#### Address Position Rotations

1. Stand upright and place your body in a proper address position, knees slightly bent, fixed spine angle, and arms crossed over your chest.
2. Begin to slowly rotate your shoulders to the right to the point of a complete shoulder turn.
3. Return to the starting position of the exercise and repeat.



#### Backward Lunge

1. Stand with your feet shoulder-width apart.
2. Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
3. Step backward with left leg, resting the toe on the ground.

## Golf Fitness: 30 Yards or More in 30 Days or Less

4. Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
5. Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings. Do all reps on one side then switch.



### Warrior Row

1. Stand with feet together while holding a dumbbell in each hand.
2. Bring your weight forward into your foot as you gently kick your other leg back.
3. At the same time, bring the torso forward until it is parallel to the floor.
4. Let your arms hang straight down.
5. Keep the neck relaxed, as if it's the natural extension of your spine.
6. Keep both hips pointing toward the floor as you bring the bag leg in line with the body.
7. Flex the raised foot and keep the muscles of the raised leg actively engaged.
8. While maintaining your balance on one leg and a straight back, begin pulling the dumbbells up to your chest and return.
9. Complete 5-10 on each leg.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Plyo Squat Reach

1. Stand with your feet shoulder-width apart.
2. Squat down, bending your knees to 90 degrees.
3. Now jump up and swing your arms overhead as high as possible.
4. Land softly again in the squat position. Use the strength in your arms, legs and butt to jump up explosively.
5. Remember to land as softly as you can with your knees bent; keep your weight back, over your heels.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Boat Pose

1. From a seated position, bring the legs straight up to a 45 degree angle.
2. The torso will naturally fall back, but do not let the spine collapse. Make a "V" shape with the body.
3. Bring the arms out straight in line with the shoulders.
4. Balance on the sit bones.

## Golf Fitness: 30 Yards or More in 30 Days or Less

**Beginners:** Bend the knees if necessary, bringing the calves parallel the the floor. This is Half Boat Pose (click the photo to see this variation).

**Advanced:** To increase core strength, release from the pose bringing the legs and torso simultaneously towards the floor and hold just before you touch the floor. Come back up into the pose like a sit-up. Repeat this several times.



### Pushup W/Foot on Stability Ball

1. Place your feet on the ball, and your hands on the floor, then do regular pushups.
2. Keep your hips up so your body is in a straight line.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### **Straight Up Sit ups**

1. Keep your legs straight out in front of you rather than bent.
2. Begin this exercise by lying flat on the ground with your legs straight. Place your hands behind your head, keeping them loose to prevent pulling on your neck.
3. Pull your upper body all the way up to a sitting position, then slowly lower your upper body back down to the ground.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Sergio Garcia's

1. Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
2. Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
3. Alternate sides without resting between sides.

# Golf Fitness: 30 Yards or More in 30 Days or Less



## Beginner Workout C Exercise Library

Exercises are listed below in the order you perform them during the workout.

### Arnold Palmer Press

This was called the Arnold press after Arnold Schwarzenegger, but I've renamed it after the King.

1. Sit on an exercise bench with back support and hold two dumbbells in front of you about upper chest level with your palms facing your body and your elbows bent. **Tip: Your arms should be next to your torso. The starting position should look like the contracted portion of a dumbbell curl.**
2. Now to perform the movement, raise the dumbbells as you rotate the palms of your hands until they are facing forward.
3. Continue lifting the dumbbells until your arms are extended above you in straight-arm position. Breathe out as you perform this portion of the movement.
4. After a second pause at the top, begin to lower the dumbbells to the original position by rotating the palms of your hands towards you. **Tip: The left arm will be rotated in a counter clockwise manner while the right one will be rotated clockwise. Breathe in as you perform this movement.**



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Tubing Rows

1. Anchor the bands at chest level and hold both handles in each hand.
2. Walk backwards with your arms extended until you feel the desired amount of tensions. Maintain good posture and bend your knees. This is very similar to your golf stance.
3. Pull the handles in toward your rib cage, focusing on engaging your back muscles.
4. Pause, then slowly return to the starting position to complete one repetition.



### Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip joint. Push your hips backward and “sit back into a



## Golf Fitness: 30 Yards or More in 30 Days or Less

chair.” Make your hips go back as far as possible.

4. Squat as deep as possible, but keep your low back tensed in a neutral position.
5. Do not round your lower back.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position.



### Standard Pushup

1. Keep the abs braced and body in a straight line from toes/knees to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Slowly lower yourself down until you are an inch off the ground.
4. Push through your chest, shoulders and triceps to return to the start position.
5. Keep your body in a straight line at all times.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Tubing Side Rotations

1. Attach an exercise band waist high or lower to a sturdy object such as a weight bench.
2. Stand with your feet shoulder-width apart adjacent to the band.
3. Rotate to the opposite side with full extension.
4. Maintain tension and return to starting position.
5. Perform prescribed number of reps and then switch sides.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Prisoner Lunge

1. Stand with your feet shoulder-width apart and hands clasped behind your head.
2. Step forward with one leg, taking a slightly larger than normal step.
3. Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
4. Lower your body until your front thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Push back to the start position.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Around the World

1. Starting Position: Stand on right leg and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this place motion switch feet so your left foot is now on the ground and your right foot is in the air. Repeat this motion for the desired repetitions and then repeat in the opposite direction.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### DB Push Press

1. Hold two dumbbell's at shoulder level and stand with a slight bend in your knees.
2. Contract your glutes, brace your abs and keep your spine in a neutral position.
3. Start the movement with a rapid, yet small, dip at the knees.
4. Explode up and press the dumbbell's overhead until your arms are fully extended.
5. Slowly lower the dumbbell's back to shoulder level.

# Golf Fitness: 30 Yards or More in 30 Days or Less



## Golf Fitness: 30 Yards or More in 30 Days or Less

### **Advanced Workout Exercises**

Exercises are listed in the order you perform them during the workout for your ease of use.

## Advanced Workout A Exercise Library

Exercises are listed below in the order you perform them during the workout.

### Single Leg 3 Cone Reaching Lunge

1. Place 3 cones in a line (one to the left, one in the center, and one to the right).  
This will require greater balance.
2. Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you.
3. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
4. Touch the object and return to the starting position without losing your balance.
5. Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone.
6. Perform all repetitions on the right leg and then switch.





## Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip joint. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
4. Squat as deep as possible, but keep your low back tensed in a neutral position.
5. Do not round your lower back.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position.



## Lateral Plank with Pushup

1. Keep the abs braced and body in a straight line from toes to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.

## Golf Fitness: 30 Yards or More in 30 Days or Less

3. Slowly lower yourself down until you are 2 inches off the ground.
4. Push off to return to the start position.
5. As you come up, rotate to one



### Dumbbell Woodchop

1. Stand with feet shoulder-width apart, holding a 5-pound dumbbell in front of your

## Golf Fitness: 30 Yards or More in 30 Days or Less

torso with both hands.

2. Engage your abs, keep shoulders down, and squat, bringing dumbbell toward right foot.
3. Stand up, using your abs and glutes, while lifting dumbbell diagonally across your body to left shoulder.
4. Switch sides (starting to left) and repeat.



### Prone Twister with Stability Ball

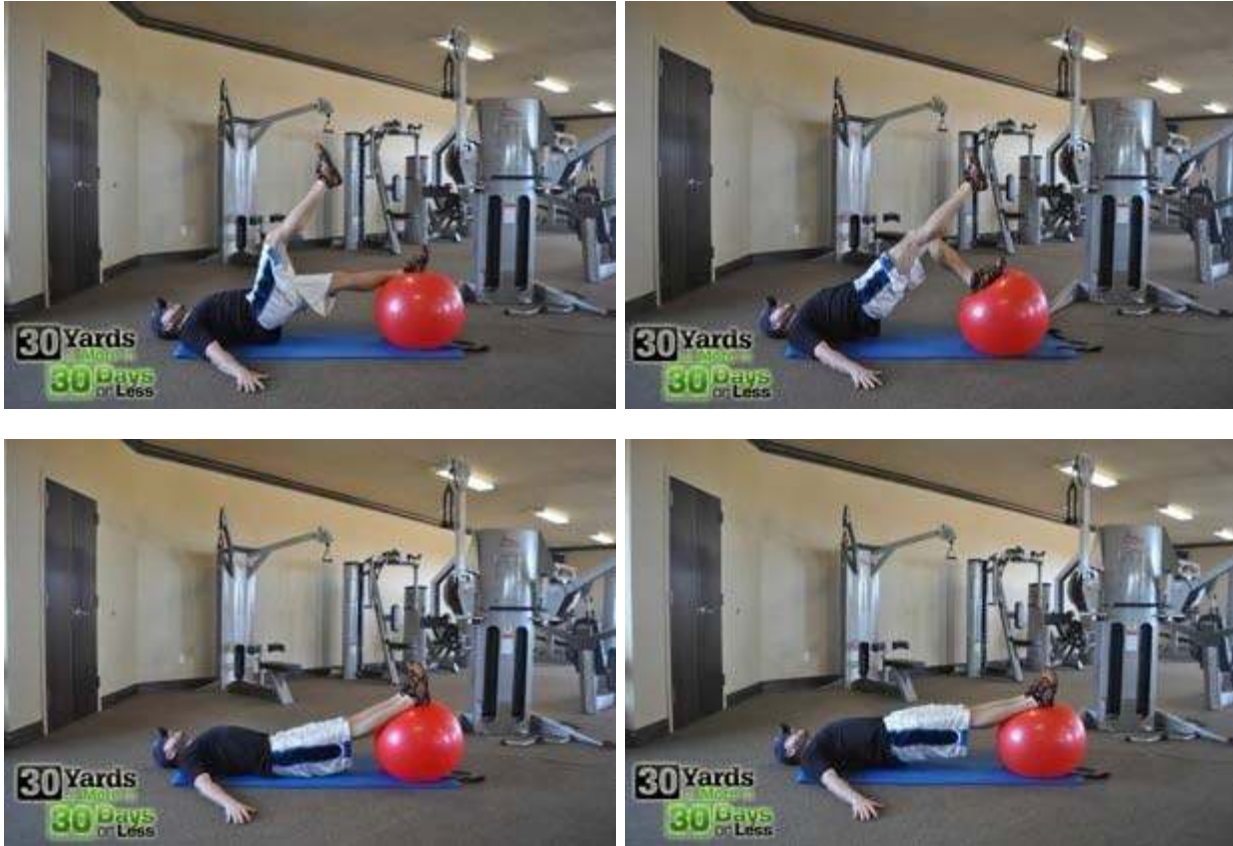
1. Start in a full push-up position with palms on floor aligned under shoulders, feet on a stability ball.
2. Lower feet until they're grasping the sides of the ball.
3. Keeping upper body stationary, rotate your legs and hips to the left in 2 counts; return to center and rotate to the right in 2 counts.
4. To modify, place your knees on either side of the ball.



### Single Leg Stability Ball Curl

1. Lie on your back with the soles of your feet on a medium-sized Stability Ball.
2. Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
3. Keep only one foot on the ball and raise the other one up in the air.
4. Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
5. Pause and slowly return the ball to the start position while keeping the hips bridged.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Horse Reach

1. Begin this exercise by placing your hands and knees on the floor.
2. Place your hands directly under your shoulders with your knees directly under your hips (as in the photo on Page 1).
3. Your back remains flat with eyes focused on the floor. Visualize balancing a glass of water in the middle of your lower back. No spilling!
4. From this position, simultaneously extend your left arm and right leg to positions that are directly out in front and behind the torso, respectively.
5. Throughout the extension of your arm and leg, maintain a flat back position. Keep balancing that glass of water on your lower back.
6. Once both the arm and leg are extended, hold the position for two seconds and then return to the starting position.
7. Repeat this sequence with the opposite arm and leg.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Side to Side Lower Rotation

1. Lie on your back and bring your bent legs up until your thigh bone is perpendicular to the floor and your knees are bent at 90 degrees.
2. Inhale and rotate your trunk to one side lowering your legs over. Exhale and compress your abdomen, bringing your legs back to center and then alternating to your other side.
3. Make it more challenging by straightening the top leg as you pause in the trunk rotation. Bring the top leg in as you rotate to the other side and extend the other leg. If this feels strong, straighten both legs and continue to control your side-to-side rotations. Avoid arching your spine as you rotate your trunk.

# Golf Fitness: 30 Yards or More in 30 Days or Less



## Advanced Workout B Exercise Library

Exercises are listed below in the order you perform them during the workout.

### Address Position Single Leg Rotations

1. Stand upright and place your body in a proper address position, knees slightly bent, fixed spine angle, and arms crossed over your chest.
2. Raise the right foot slightly off the floor while maintaining your address position and fixed spine angle.
3. Begin to slowly rotate your shoulders to the right to the point of a complete shoulder turn.
4. Return to the starting position of the exercise and repeat.
5. Repeat the exercise balancing on the left foot.



### Lunge with Knee Raise

1. Step forward with one foot and proceed to perform the standard lunge.



## Golf Fitness: 30 Yards or More in 30 Days or Less

2. As you rise back up, rather than stepping forward with the next foot, bring your back leg forward and raise it up so that your knee aims to touch your chest.
3. From there, push it down and move directly into a lunge with that leg.



### Warrior Row Press

1. Stand with feet together while holding a dumbbell in each hand.
2. Bring your weight forward into your foot as you gently kick your other leg back.
3. At the same time, bring the torso forward until it is parallel to the floor.
4. Let your arms hang straight down.
5. Keep the neck relaxed, as if it's the natural extension of your spine.
6. Keep both hips pointing toward the floor as you bring the bag leg in line with the body.
7. Flex the raised foot and keep the muscles of the raised leg actively engaged.
8. While maintaining your balance on one leg and a straight back, begin pulling the

## Golf Fitness: 30 Yards or More in 30 Days or Less

dumbbells up to your chest and return.

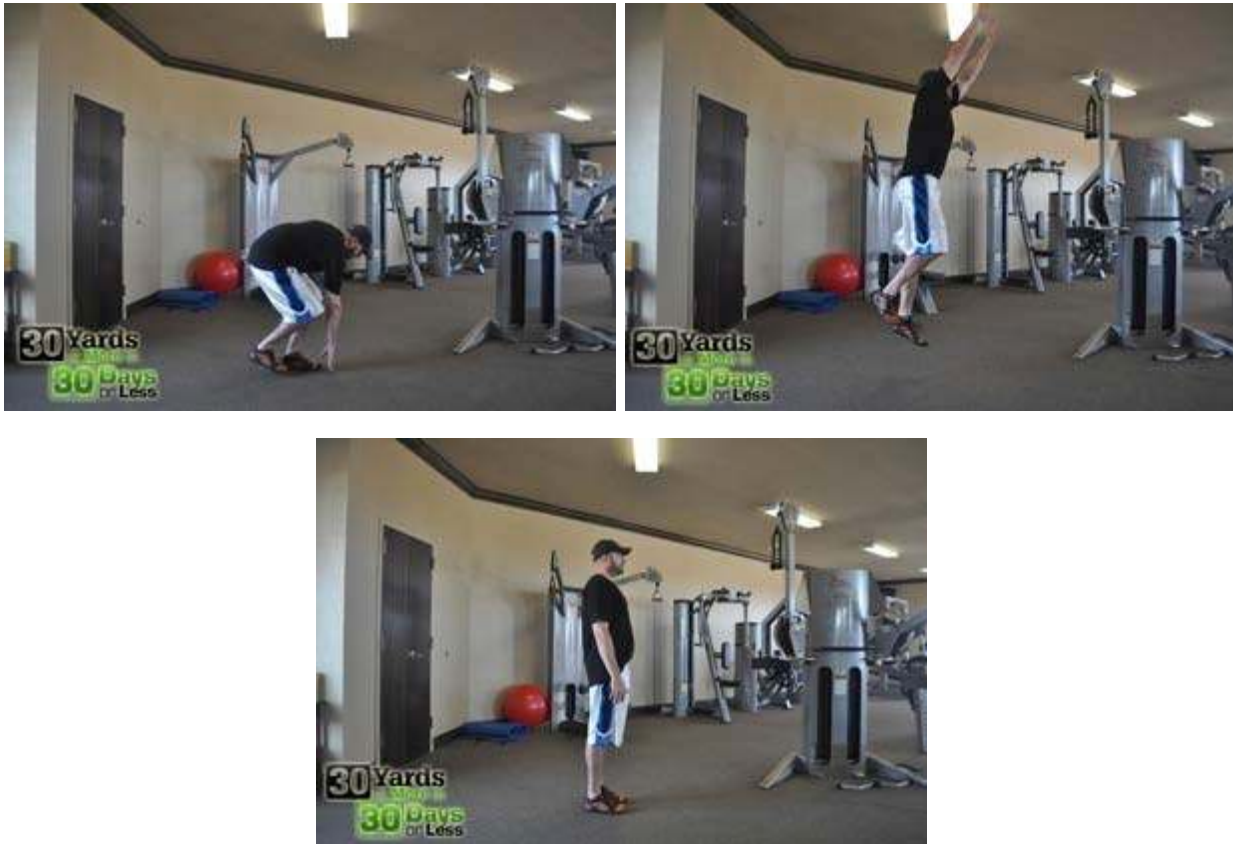
9. Complete 1 rep and then reverse movement back to standing up straight.
10. Curl dumbbell and then press overhead. Lower back to shoulder and reverse curl back.
11. Repeat 5-10 times each leg, and then perform on other leg.



### 1 Leg Plyo Squat Reach

1. Stand with your feet shoulder-width apart.
2. Squat down on one leg and touch the ground with your opposite hand to toe. Bend from the knee and waist.
3. Now jump up and swing your arms overhead as high as possible.
4. Land softly again on one leg in the squat position.
5. Remember to land as softly as you can with your knees bent; keep your weight back, over your heels.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Over / Under Boat

1. From a seated position, bring the legs straight up to a 45 degree angle.
2. The torso will naturally fall back, but do not let the spine collapse. Make a "V" shape with the body.
3. Grab a jump rope or band. Bring the arms out straight in line with the shoulders.
4. Balance on the sit bones.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Lateral Plyo Pushup

1. Begin on the floor in push up position, with your arms supporting your upper body and heels pointing to the ceiling.
2. Lower yourself into a pushup and on the upward stroke, press up off the floor and move both hands about a foot to the left.
3. On the third press, jump to your right. Repeat the pattern for the desired number of reps.

# Golf Fitness: 30 Yards or More in 30 Days or Less



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Russian Twists

1. Grab a medicine ball or dumbbell and sit on the floor with your hips and knees bent 90 degrees.
2. Hold the weight straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor).
3. Explosively twist your torso as far as you can to the left, and then reverse the

## Golf Fitness: 30 Yards or More in 30 Days or Less

motion, twisting as far as you can to the right. That's one rep.



### Sergio Garcia's with Dumbbells

1. Start in the bottom of a split squat position holding DB's to side. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
2. Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
3. Alternate sides without resting between sides.

# Golf Fitness: 30 Yards or More in 30 Days or Less





## Advanced Workout C Exercise Library

Exercises are listed below in the order you perform them during the workout.

### Snowmans (Figure Eights)

1. Start Position: Hold medicine ball with your arms extended over your right shoulder.
2. In one continuous motion bring the ball down in front of you like you are chopping wood and the ball should end towards your left foot.
3. Stand back up and raise the ball straight up over your left shoulder and now bring the ball down towards your right foot.
4. You will have to bend at your knees to complete.
5. Return to starting position and repeat.



### Tubing Rows

1. Attach band to a sturdy object and sit or stand facing object, holding handle with both hands.

## Golf Fitness: 30 Yards or More in 30 Days or Less

2. Golf stance, arms extended.
3. Pull in tube to chest while maintaining your golf stance posture.



### Prisoner Diagonal Lunge

1. Stand with your feet shoulder-width apart and hands clasped behind your head.
2. Step diagonally at a 45o angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
3. Return to the top by contracting the quadriceps, groin, and hip extensors of lead leg.
4. Keep your upper body upright and your lower back flat.
5. Push back to the start position.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Pushup

1. Keep the abs braced and body in a straight line from toes/knees to shoulders.
2. Place the hands on the floor slightly wider than shoulder-width apart.
3. Slowly lower yourself down until you are an inch off the ground.
4. Push through your chest, shoulders and triceps to return to the start position.
5. Keep your body in a straight line at all times.



### Tubing External Rotations

1. Attach band to a sturdy object and sit or stand with right side facing object, holding handle in the left hand.
2. Begin with hand in front of belly, elbow at 90 degrees. Keeping elbow in fixed position, rotate the forearm out to the side to about 30-45 degrees (not too far!).
3. Skip this move if you have shoulder problems.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip joint. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
4. Squat as deep as possible, but keep your low back tensed in a neutral position.
5. Do not round your lower back.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Shoulder Flies with Band

1. Hold the handles of a resistance band, stand on the center of the band with your left foot.
2. Separate your feet wide with your right foot offset and behind your left.
3. Raise your arms laterally, keeping them bent (about 90 degrees at top), and keep your forearms parallel to the floor at the top of the movement.
4. Return to the start position and repeat.



### Lunge with Medicine Ball Twist

1. Stand with feet about shoulder width apart.
2. Hold a medicine ball (optional) in front of you with elbows bent about 90 degrees. You may want to begin this exercise with no weight and build up your strength over time.
3. Step forward with your left foot into a lunge position.

## Golf Fitness: 30 Yards or More in 30 Days or Less

4. Be sure to keep your knee over your left foot; don't twist at the knee.
5. From your torso, twist your upper body to the left. Then, reach across your left side with your arms out-stretched. (Think of pointing to the left from your belly button).
6. Maintain a slow and controlled movement throughout the exercise.
7. Slowly move your arms to center and step forward with the opposite foot and twist to the other side.
8. Continue the movement for about ten steps.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Cool Down

The real secret to injury prevention and distance. Do this cool down after every workout and you will be on your way to making dramatic improvements to your golf swing, and your score. Make no mistake, the following stretching routine is CRUCIAL if you are serious about improving your flexibility.

### Shoulder Stretch

1. Raise your arm to shoulder height and bring your arm across the front of your body.
2. If using your right arm, your right hand should rest at your left shoulder.
3. Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
4. Hold for 30 seconds and then repeat for the other side.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Standing Hamstring

1. Stand straight up with legs together.
2. Slowly bend forward as far as it is comfortable.
3. Keep knees locked or close to it.
4. Keep your head down and do not look up.
5. Squeeze glutes hard and breath in deep.
6. Relax and let out breath and sink deeper in to hang.



### Butterfly

1. Sit with your knees bent and feet together in a criss-cross fashion.
2. Gently press the tops of the knees down toward the floor with your elbows.
3. Stop when a slight stretch is felt.





## Golf Fitness: 30 Yards or More in 30 Days or Less

### Psoas

1. Tight hip flexors cause bad backs, monkey butts, and athletic inferiority.
2. When flexors are tight, they do not allow your glutes (strongest muscle in the body) to exert themselves efficiently. Kneel on floor and face forward.
3. Torso and front shin should remain upright for the duration of the stretch and hips should remain squared.
4. Flex your abs to protect your back.
5. Once the tension is released you will begin to sag down.

Let's take this a step further so you can see how this can impact your backswing.

1. Leaning forward, place your hands on your knee not letting your knee drift forward.
2. Begin to twist and look out, do not look down.



### Cobra

1. Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going

## Golf Fitness: 30 Yards or More in 30 Days or Less

only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.

4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.



### Downward Dog

1. Really focus on calf muscles and try to get heels to touch floor. This may take time, but is integral in helping to create more power, length, and tension in your swing.
2. Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips.
3. Curl the toes under and push back raising the hips and straightening the legs.
4. Spread the fingers and ground down from the forearms into the fingertips.
5. Outwardly rotate the upper arms broadening the collarbones.
6. Let the head hang, move the shoulder blades away from the ears towards the hips.
7. Engage the quadriceps strongly to take the weight off the arms, making this a resting pose.
8. Rotate the thighs inward, keep the tail high and sink your heels towards the floor.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Pigeon

1. Cross one leg in front of your body on the floor.
2. Lean your chest over the top of your front leg while you sit back on your hips.
3. Straighten out your back leg and bring it across your body to increase the stretch.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Child's Pose

1. Start in a kneeling position.
2. Drop your butt toward your heels as you stretch the rest of your body forward and down.
3. Rest your stomach on your thighs, forehead on the mat, arms comfortably in front of you.



# Golf Fitness: 30 Yards or More in 30 Days or Less

## Stretch & Recovery

Exercises are listed in the order you perform them during the workout for your ease of use.

### Three Plane Neck

1. Slowly turn head left, then right, gradually increasing range of motion.
2. Tuck your chin in, then tilt your head back.
3. Tilt your head strictly to one side, then to the other (no twisting).

**Tip: Perform this movement in a slow, controlled manner. Do not combine the 3 movements into a head roll.**



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Shoulder Circles

1. Draw circles with your shoulders, as big as possible.
2. Inhale & expand ribcage as shoulders are moving back.
3. Do 10 circles one direction, then switch directions and do 10 more.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Fist Exercise

1. Extend fingers from closed fist, then clench your fist again.
2. Perform a total of 20 repetitions

**Tip:** Try to perform this movement as quickly as possible.



### Wrist Rotations

1. Sit on a bench or other surface and hold a dumbbell by the end.
2. Brace the elbow of the arm that is holding the weight against your thigh.
3. With your opposite hand, hold firmly against your thigh the wrist of the hand that is holding the weight.
4. Lower the weight to one side, rotating at the wrist. Slowly rotate your wrist to the other side. This is one repetition.
5. It will be tempting to move the elbow; limit the movement to your wrist and forearm.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Elbow Circles

1. Make circles with your elbow maximally bending and straightening it out.
2. Outward circles are more awkward than inward ones.
3. Elbow circles are also great for your shoulders.





## Golf Fitness: 30 Yards or More in 30 Days or Less



### Egyptian

1. Start with arms out straight and your palms facing down.
2. Pivot and turn to one side while keeping your arms in the same spot in space.
3. Both hands should turn up as much as possible.
4. Switch sides keeping your shoulders in line.



### Arm Circles

1. Draw maximal circles with one or both arms.

## Golf Fitness: 30 Yards or More in 30 Days or Less

2. Repeat in opposite direction.



### Hula Hoop

1. Imitate a hoola hoop motion.
2. Keep shoulders stationary and make big circles with your hips.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Ankle Circles

1. Draw circles with your toes while making a point of achieving a maximal range of motion in ankle.
2. Pointed toes, toes to nose, and in and out motion.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Knee Circles

1. Place your hands above your knees – not on kneecaps.
2. Make small circles, NOT large.

Tip: Knee was designed for only minimal lateral motion, so keep your circles tight and small.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Toe Hang

1. Stand straight up with legs together.
2. Slowly bend forward as far as it is comfortable.
3. Keep knees locked or close to it.
4. Keep your head down and do not look up.
5. Squeeze glutes hard and breath in deep.
6. Relax and let out breath and sink deeper in to hang.



### Cobra

1. Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Spine Rotation With Club

1. Sit in a chair with feet & hips planted solidly.
2. Slowly turn your trunk clockwise and counterclockwise.
3. Make sure your head moves with your torso.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Head Turner

1. Sit in a chair facing forward. Turn your head to the left or the right as long as you can. Do not tilt your head, just rotate.
2. Apply pressure against your head with hand. Hold and allow tension to release.
3. Perform drill in both directions.



### Headache Buster

1. Great for alleviating tension that can cause headaches.
2. Turn your head a little to the right as if trying to touch your chin to your collarbone.
3. On the side you have moved your chin, take that same side arm and grasp your head and pull in to your collarbone.
4. Allow the tension to release and repeat on other side.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Chest Stretch 1

1. Stand next to a doorframe. Raise elbow to shoulder height and rotate arm so that your hand is up (as if in a throwing position with elbow in line with your shoulder).
2. Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow. Feel the stretch across the front of your shoulder and chest.
3. Hold for 30 seconds and then repeat for the other side.



### Chest Stretch 2

1. Stand with your arm out-stretched and hand pressed against a wall or support.
2. Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle.



## Golf Fitness: 30 Yards or More in 30 Days or Less

3. Hold that position for 20 seconds and then repeat for the other side.



### Backswing Angel

1. Place the roller along the spine from the base of the skull to the tail bone. The knees should be bent and feet flat on floor.
2. Allow your pelvis and shoulders to roll in opposite directions on the roller.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### Wrist Flexion

1. If you have wrist issues, this one can really help relieve some stress.
2. Get down on your knees and place your hands in front of you, pointing towards you as much as possible.
3. Keep elbows locked and gently shift weight towards hands until you feel the pull on the inside of your forearms.
4. Hold and let tension ease.
5. The angle between your arms will increase when you have released the tension.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Shoulder Stretch

1. Raise your arm to shoulder height and bring your arm across the front of your body.
2. If using your right arm, your right hand should rest at your left shoulder.
3. Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
4. Hold for 30 seconds and then repeat for the other side.



## Golf Fitness: 30 Yards or More in 30 Days or Less



### **Kneeling Hip Flexor**

1. Tight hip flexors cause bad backs, monkey butts, and athletic inferiority.
2. When flexors are tight, they do not allow your glutes (strongest muscle in the body) to exert themselves efficiently. Kneel on floor and face forward.
3. Torso and front shin should remain upright for the duration of the stretch and hips should remain squared.
4. Flex your abs to protect your back.
5. Once the tension is released you will begin to sag down.

Let's take this a step further so you can see how this can impact your backswing.

1. Leaning forward, place your hands on your knee not letting your knee drift forward.
2. Begin to twist and look out, do not look down.

## Golf Fitness: 30 Yards or More in 30 Days or Less



### Piriformis Stretch

1. Cross one leg in front of your body on the floor.
2. Lean your chest over the top of your front leg while you sit back on your hips.
3. Straighten out your back leg and bring it across your body to increase the stretch.



## Golf Fitness: 30 Yards or More in 30 Days or Less

### Seated Groin Stretch

1. Sit with your knees bent and feet together in a criss-cross fashion.
2. Gently press the tops of the knees down toward the floor with your elbows.
3. Stop when a slight stretch is felt.



### Downward Facing Dog

1. Really focus on calf muscles and try to get heels to touch floor. This may take time, but is integral in helping to create more power, length, and tension in your swing.
2. Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips.
3. Curl the toes under and push back raising the hips and straightening the legs.
4. Spread the fingers and ground down from the forearms into the fingertips.
5. Outwardly rotate the upper arms broadening the collarbones.
6. Let the head hang, move the shoulder blades away from the ears towards the hips.
7. Engage the quadriceps strongly to take the weight off the arms, making this a resting pose.
8. Rotate the thighs inward, keep the tail high and sink your heels towards the floor.

# Golf Fitness: 30 Yards or More in 30 Days or Less



## What should you do next?

Q: So I've finished the 30 Yards or More in 30 Days or Less workouts, what other workout programs do you have?

Answer:



[Shed Pounds to Shave Strokes](#) utilizes 'Turbulence Training' and 'Translation Training' to keep your body in an ever adapting state. Through forced adaptation, we force the body to burn fat and improve golf performance. The program uses both weight training and short-burst cardio sessions.

Turbulence burns the fat off. Translation Training builds a powerful golf body.

A good analogy for Turbulence is that of a car starting and stopping. The more starting



## Golf Fitness: 30 Yards or More in 30 Days or Less

and stopping the car does, the more fuel is burned. When the car is on the highway at a constant speed, less fuel is burned.

Now consider long boring cardio sessions that last anywhere from 45 minutes to an hour. Generally, people keep the same pace over these long periods. Think highway cruising....

Less fuel burned.

To improve our golf performance, we apply Translation Training to your muscles. Essentially, we will be mimicking the primal movements that create balance, strength and power in your golf swing.

Turbulence and Translation Training by design put a huge amount of “Metabolic Disturbance” on your muscles. After your workouts, your muscles will work very hard (burning calories) to return your body to normal. That’s how both principles combine to help you lose fat and sculpt your body through proven our proven methods.

You will find bursting through fat loss plateaus becomes much easier using these principles. Most of the programs you may be familiar with are high-volume, low-intensity, and don’t stress the muscle the same way our workouts will. So if you are currently using long, slow, boring cardio and begin using the Shed Pounds to Shave Strokes workouts, you have a potent stimulus to kick-start fat loss – no matter how stubborn it was in the past.

I’ve created a progressive program for you that will get you moving and give you over 12-weeks of workouts. Whether you are a beginner or advanced, you can jump right in and see results fast.

**LOWER YOUR SCORE WHILE BURNING FAT & BUILDING STAMINA**

## Golf Fitness: 30 Yards or More in 30 Days or Less

Professional trainer and golfer, Christian Henning has designed a golf specific workout to give you the golf body you dream about.

Get Your Copy Here: ==> [Come And Get It!](#)

- Melt Fat and Lower Your Score with golf specific workouts!
- Dumbbells, Stability Ball, and a Chair are all you need.
- Beginner, Intermediate, and Advanced Workouts included.
- Email Support from Golf Fitness Specialists.
- Download Now, Workout Today!

## Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Shed Pounds to Shave Strokes or 30 Yards or More in 30 Days or Less. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Golf Fitness: 30 Yards or More in 30 Days or Less, please follow your doctor's orders.