

Get Golf Fit

Foundations A (beginner)			
Warm-Up		Set 1	
1A) Prone Knee to Chest (knee pull) x 8 reps per leg			
1B) Knee Side Drop Out x 8 reps per leg			
1C) Single Frog Leg x 8 reps per leg			
1D) Double Frog Leg x 8 reps per leg			
1E) Inch Worm x 8 reps			
Workout A		Set 1	Set 2
2A) Pushup or Kneeling Pushup x 8 reps			
2B) Bent Over Row (DB) x 8 reps			
3A) Squat (BW) x 8 reps			
3B) Arnold Press (DB) x 8 reps			
4A) Lying Hip Extension (BW) x 8 reps			
4B) Stick-Ups (BW) x 8 reps			
5A) Plank (BW) x :20 second hold			
5B) Superman (BW) x :20 second hold			
Cool Down		Set 1	Set 2
6A) Butterfly Stretch :30 seconds			
6B) Seated Jack Knife :30 seconds			
6C) Seated Hold & Release (on chair) :20 seconds			

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		Foundations B (beginner)		
Warm-Up		Set 1		
1A) Prone Knee to Chest (knee pull) x 8 reps per leg				
1B) Knee Side Drop Out x 8 reps per leg				
1C) Single Frog Leg x 8 reps per leg				
1D) Double Frog Leg x 8 reps per leg				
1E) Inch Worm x 8 reps				
Workout B		Set 1	Set 2	Set 3
2A) Decline Pushup x 8 reps				
2B) 1-Leg RDL (BW) x 8 reps per leg				
3A) Rolling Side Plank x 8 reps per side				
3B) T-Squat (BW) x 8 reps				
4A) Single-Leg Golf Posture Rotations (BW) x 8 reps				
4B) Stick-Ups (BW) x 8 reps				
5A) Superman Ball Plank (BW) x :20 per side				
5B) Horse Stance Reach (BW) x :15 second hold per side				
Cool Down		Set 1	Set 2	
6A) Butterfly Stretch :30 seconds				
6B) Seated Jack Knife :30 seconds				
6C) Seated Hold & Release (on chair) :20 seconds				

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		Foundations C (beginner)			
Warm-Up		Set 1			
1A) Prisoner Squat x 10 reps					
1B) Prisoner Lunge x 6 reps per side					
1C) X-Body Mountain Climber x 6 reps per side					
1D) Leg Swing x 20 reps per side					
1E) Jumping Jack x 20 reps					
Workout C - 20/10 (12-minutes)		Set 1	Set 2	Set 3	Set 4
2A) Jumping Jacks x :20 seconds, :10 rest					
2B) Close Grip Push Ups x :20 seconds, :10 rest					
2C) Squats (bw) x :20 seconds, :10 rest					
2D) Mountain Climbers x :20 seconds, :10 rest					
2E) Prisoner Lunges x :20 seconds, :10 rest					
Cool Down		Set 1			
3A) Butterfly Stretch :30 seconds					
3B) Seated Jack Knife :30 seconds					
3C) Seated Hold & Release (on chair) :20 seconds					

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Power A (advanced)			
Warm-Up	Set 1		
1A) Prone Knee to Chest (knee pull) x 8 reps per leg			
1B) Knee Side Drop Out x 8 reps per leg			
1C) Single Frog Leg x 8 reps per leg			
1D) Double Frog Leg x 8 reps per leg			
1E) Inch Worm x 8 reps			
1F) Bodyweight Squat x 15 reps			
Workout A	Set 1	Set 2	Set 3
2A) 1-Leg Squat (DB) x :60 seconds (:30 per leg)			
2B) Uppercuts (DB) x :60 seconds			
2C) Bicycle Abs x :30 seconds			
3A) Reverse Lunge (DB) x :60 seconds			
3B) Renegade Row (DB) x :60 seconds			
3C) Prone Side to Side Lower Body Rotation (BW) x :30 secs			
4A) 1-Arm Swing (DB or KB) (r) x :30 seconds			
4B) Woodchop (DB or KB) (r) x :30 seconds			
4C) 1-Arm Swing (DB or KB) (l) x :30 seconds			
4D) Woodchop (DB or KB) (l) x :30 seconds			
4E) Renegade Row to Press (DB) x :30 seconds			
Cool Down	Set 1	Set 2	
5A) Butterfly Stretch :30 seconds			
5B) Seated Jack Knife :30 seconds			
5C) Seated Hold & Release (on chair) :20 seconds			

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Power B (advanced)			
Warm-Up	Set 1		
1A) Prone Knee to Chest (knee pull) x 8 reps per leg			
1B) Knee Side Drop Out x 8 reps per leg			
1C) Single Frog Leg x 8 reps per leg			
1D) Double Frog Leg x 8 reps per leg			
1E) Inch Worm x 8 reps			
1F) Bodyweight Squat x 15 reps			
Workout B	Set 1	Set 2	Set 3
2A) 1-Leg Reach (BW) x :60 seconds (:30 per leg)			
2B) Bent Over Row (DB or KB) x :60 seconds (:30 per arm)			
2C) Pushups x :30 seconds			
3A) Squat (BW) x :60 seconds			
3B) Swing (DB) x :60 seconds			
3C) Hand to Hand Touch x :30 seconds			
4A) Squat, Curl, Press (DB) x :120 seconds			
4B) Squat Thrust x :30 seconds			
Cool Down	Set 1	Set 2	
5A) Butterfly Stretch :30 seconds			
5B) Seated Jack Knife :30 seconds			
5C) Seated Hold & Release (on chair) :20 seconds			

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Power C (advanced)				
Warm-Up	Set 1			
1A) Prisoner Squat x 10 reps				
1B) Prisoner Lunge x 6 reps per side				
1C) X-Body Mountain Climber x 6 reps per side				
1D) Leg Swing x 20 reps per side				
1E) Jumping Jacks x 20 reps				
Workout C - 20/10 (18-minutes)	Set 1	Set 2	Set 3	Set 4
2A) Swing (KB) x :20 seconds, :10 rest				
2B) Close Grip Push Ups x :20 seconds, :10 rest				
2C) Swing (KB) x :20 seconds, :10 rest				
2D) Mountain Climbers x :20 seconds, :10 rest				
2E) Swing (KB) x :20 seconds, :10 rest				
2F) Hand to Hand Touch x :20 seconds, :10 rest				
2G) Swing (KB) x :20 seconds, :10 rest				
Cool Down	Set 1	Set 2		
3A) Butterfly Stretch :30 seconds				
3B) Seated Jack Knife :30 seconds				
3C) Seated Hold & Release (on chair) :20 seconds				

Get Golf Fit

		Strength A (intermediate)		
Warm-Up		Set 1		
1A) Prone Knee to Chest (knee pull) x 8 reps per leg				
1B) Knee Side Drop Out x 8 reps per leg				
1C) Single Frog Leg x 8 reps per leg				
1D) Double Frog Leg x 8 reps per leg				
1E) Inch Worm x 8 reps				
Workout A		Set 1	Set 2	Set 3
2A) T-Pushup (BW) x 8 reps per side				
2B) Squat (DB) x 10 reps				
3A) 1-Arm Bent Over Row (DB) x 10 reps per arm				
3B) 1-Leg Lying Hip Extension (BW) x10 reps				
4A) Chest Press (DB) x 10 reps				
4B) Arnold Press (DB) x 10 reps				
5A) Sit out (BW) x 10 reps per side				
5B) Sprinter Situp (BW) x :30 total				
5C) Plank (BW) x :30 second hold				
Cool Down		Set 1	Set 2	
6A) Butterfly Stretch :30 seconds				
6B) Seated Jack Knife :30 seconds				
6C) Seated Hold & Release (on chair) :20 seconds				

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		Strength B (intermediate)		
Warm-Up		Set 1		
1A) Prone Knee to Chest (knee pull) x 8 reps per leg				
1B) Knee Side Drop Out x 8 reps per leg				
1C) Single Frog Leg x 8 reps per leg				
1D) Double Frog Leg x 8 reps per leg				
1E) Inch Worm x 8 reps				
Workout B		Set 1	Set 2	Set 3
2A) Pushup w/ 1-Arm Raise (BW) x 10 reps				
2B) RDL (DB) x 10 reps				
3A) Incline Chest Press (DB) x 10 reps				
3B) Walking Lunge (BW) x 10 reps per leg				
4A) Cross Crawl (DB) x 10 reps				
4B) StepUp to Balance (DB) x 10 reps per leg				
5A) Side Plank (BW) x :30 per side				
5B) Stability Ball Rollout x 10 reps				
5C) Mountain Climbers (BW) x 10 reps per leg				
Cool Down		Set 1	Set 2	
6A) Butterfly Stretch :30 seconds				
6B) Seated Jack Knife :30 seconds				
6C) Seated Hold & Release (on chair) :20 seconds				

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		Strength C (intermediate)			
Warm-Up		Set 1			
1A) Prisoner Squat x 10 reps					
1B) Prisoner Lunge x 6 reps per side					
1C) X-Body Mountain Climber x 6 reps per side					
1D) Leg Swing x 20 reps per side					
1E) Jumping Jack x 20 reps					
Workout C - 20/10 (18-minutes)		Set 1	Set 2	Set 3	Set 4
2A) Elevated Pushup x :20 seconds, :10 rest					
2B) Total Body Extension x :20 seconds, :10 rest					
2C) Side Plank x :20 seconds, :10 rest					
2D) Jumping Jacks x :20 seconds, :10 rest					
2E) Run In Place x :20 seconds, :10 rest					
2F) Spiderman Climb x :20 seconds, :10 rest					
Cool Down		Set 1			
3A) Butterfly Stretch :30 seconds					
3B) Seated Jack Knife :30 seconds					
3C) Seated Hold & Release (on chair) :20 seconds					

Get Golf Fit

Stretch and Recovery

Mobility	Set 1
1A) Three Plane Neck :30 seconds	
1B) Shoulder Circles :30 seconds	
1C) Fist Exercise :30 seconds	
1D) Wrist Rotations :30 seconds	
1E) Elbow Circles :30 seconds	
1F) Egyptian :30 seconds	
1G) Arm Circles :30 seconds	
1H) Hula Hoop :30 seconds	
1I) Ankle Circles :30 seconds	
1J) Knee Circles :30 seconds	
Flexibility	Set 1
2A) Toe Hang :30 seconds	
2B) Cobra :30 seconds	
2C) Spine Rotation w/ Club :30 seconds	
2D) Head Turner :30 seconds (each side)	
2E) Headache Buster :30 seconds (each side)	
2F) Chest Stretch 1 :30 seconds (each side)	
2G) Chest Stretch 2 :30 seconds (each side)	
2H) Backswing Angel :30 seconds	
2I) Wrist Flexion :30 seconds (each side)	
2J) Shoulder Stretch :30 seconds (each side)	
2K) Kneeling Hip Flexor :30 seconds (each side)	
2L) Piriformis :30 seconds (each side)	
2M) Seated Groin Stretch :30 seconds	
2N) Downward Facing Dog :30 seconds	

Interval Program (Rest Day)

Light activity (golf) or rest.

Get Golf Fit

Warm-Up		Dynamic Pre-Round Warm Up
		Set 1
1A) Trunk Rotations with Putter x :30 seconds		
1B) Side Bends x :30 seconds		
1C) Inchworms x :60 seconds		
1D) Arm Circles x 60 seconds per arm		
1E) Bodyweight Squat x :60 seconds		
1F) Around the World x :30 seconds each direction		
2A) 7-iron or wedge (50% power) x 4 minutes		
2B) 7-iron or wedge (75% power) x 2 minutes		
2C) 7-iron or wedge (90% power) x 2 minutes		
2D) 5-iron or 7-iron (90% power) x 2 minutes		
2E) 3-iron or hybrid (90% power) x 2 minutes		
2F) Driver (85% power) x 3 minutes		

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After Round Stretch	
Stretch and Flexibility	Set 1
1A) Stick Ups x 8 reps	
1B) Torso Turn x 8 reps each direction	
1C) Around the World x 8 reps	
1D) RDL x 8 reps	
1E) Runners Stretch x :30 hold per side	
1F) Hamstring Stretch x :30 hang	
1G) Kneeling Hip Flexor x :30 hold per side	
1H) Butterfly Stretch x :30 seconds	
1I) Seated Jack Knife x :30 seconds	
1J) Seated Hold & Release (on chair) x :20 seconds	
1K) Kneeling Hip Flexor x :30 hold per side	
1L) Butterfly Stretch x :30 seconds	
1M) Seated Jack Knife x :30 seconds	
1N) Seated Hold & Release (on chair) x :20 seconds	