

# Core to Score

The Ultimate **Golf Fitness** Key  
to **Unlocking** Lower Scores

- Hit the Ball Further
- Eliminate Low Back Pain
- Gain More Control
- Increase Endurance

**Christian Henning,**  
NASM-CPT

**Core to Score:**  
**Unlock Your Scoring and Distance Potential**  
**with the Ultimate Golf Fitness Key**



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

*To my Dad and Grandfather,  
Thank you for introducing me to the greatest game of them all.*

## Table of Contents

[Welcome](#)

[Disclaimer](#)

[My Mission and How Quitting Golf Led to a Big Discovery](#)

### **[Chapter 1: The Ultimate Golf Performance Key Revealed](#)**

[The Real Secret to Lower Scores and Longer Drives](#)

[How Do We Build a Strong Core?](#)

[How Do We Eliminate Back Pain?](#)

### **[Chapter 2: Putting It Together](#)**

[How Does the System Work?](#)

[Your Workout Explained](#)

### **[Chapter 3: The Workouts](#)**

[How to Use the 12-Week Done-for-You Program](#)

[Workout Guidelines](#)

[Stretching & Recovery Guidelines](#)

[10 Tips for Training Safe](#)

#### **[Foundation Workouts](#)**

[Workout A](#)

[Workout B](#)

[Workout C](#)

[Stretch and Recovery](#)

[Active Rest](#)

#### **[Strength Workouts](#)**

[Workout A](#)

[Workout B](#)

[Workout C](#)

[Stretch and Recovery](#)

[Active Rest](#)

#### **[Power Workouts](#)**

[Workout A](#)

[Workout B](#)

[Workout C](#)

[Stretch and Recovery](#)

[Active Rest](#)

### **[Chapter 4: Exercise Library](#)**

[FREE: Bonus Content](#)

[What Should You Do Next?](#)

## Welcome!

Welcome to the new Golf Fitness: Core 2 Score Workout System.

You're about to take part in something more than just workouts you can do at home. There's a reason my programs succeed where others fail.

Inside these workouts is the ultimate golf fitness key to hitting the ball further, building a powerful core, and eliminating back pain - forever.

You'll discover a variety of my Translation Training workouts coupled with my new 20/10 workouts designed to keep you in top conditioning and shred fat.

This new program is short on time, but long on results. Quite simply, you'll find these workouts to be short and to the point, yet most effective you've ever experienced. I promise you will unlock the gate to the golf game you deserve.

This is the workout system you've been searching for... not just another workout program... but one designed to give you a powerful core, strong back, and a beautiful swing you've dreamed of.

In fact, I'm willing to pay for you to transform your life and golf game. Join me and discover how you can earn thousands of dollars just for losing weight, building relationships and more.

Join me here:

[GolfBodyChallenge.com](http://GolfBodyChallenge.com)

Your friend and trainer,  
Christian Henning, NASM-CPT, gfs  
Certified Turbulence Trainer

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](#).

## **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

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.

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.



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.

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.

*Chris Henning*

## 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 Core 2 Score, 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: Core 2 Score, please follow your doctor's orders.

# Chapter 1

## The Ultimate Golf Performance Key Revealed

### The Real Secret to Lower Scores and Longer Drives

What you have in your hands right now is the key to unlocking the secret you've wanted for your golf game.

The secret to booming drives, lower scores, endurance, envy from your friends, and satisfaction of giving yourself the best chance to succeed.

The average player suffers from shiny object syndrome. Most golfers simply buy a game with new clubs looking for distance. They are really just keeping up with the Jones, so to speak.

If everyone has the latest ball and equipment, *are they really giving themselves an advantage* over the competition?

Doubtful.

If everyone has the same equipment, it's pretty hard to gain an advantage. The real advantage comes from fitness - the secret to lowering your score, increasing your longevity, and driving the ball further than you ever dreamed of.

The secret key? A strong and powerful core.

CAUTION: While a strong, flexible, and healthy body is ideal for lowering your score, it should not be thought of as a replacement of a good teaching pro. Rather, you should exercise and see a teaching pro on a regular basis.

## **A strong core is essential to good golf and longevity**

A strong core, good balance, and flexibility are essential to enhancing performance for your golf game.

The core goes deeper than just your ab muscles. I view the core as a cohesive unit working together that encompasses the hips, glutes, obliques, upper and lower abs, hamstrings, quads, low back as well as the spinae erectors to name just a few.

Obviously, I could bore you with all of the scientific names and name every muscle... but I won't.

As such, we need an all encompassing workout program that works all of these areas to ensure we are in proper balance.

A sound program to enhance golf performance should include:

Range of Motion

Flexibility

Balance

Strength

Power

Range of motion and flexibility are needed to increase the length of our swing arc.

As our swing arc lengthens, our club-head speed increases... guess what that means?

Yep... Distance.

Further, we must also work on our balance so that all the power we create is effectively transferred to the ball.

If we are falling over sideways, forwards, or backwards, power is being wasted. Quite simply, we may be strong and have a great range of motion, but are unable to transfer that power to the ball.

In addition to good balance and flexibility, hitting the ball far requires strength and power. The two are not the same.

It may be helpful if I define what I mean in terms of both strength and power.

**Strength is defined as: the maximal force that a muscle or muscle group can generate at a specified velocity.**

Basically, the amount of weight you can lift.

There are a number of different 'varieties' of strength that we need to work on to build a good golf swing:

- Relative strength: how strong you are in relation to your body weight. This is the basic building block for power. To generate power, we must first be strong.
- Isometric strength: holding a muscle contraction to maintain a certain joint angle. How long do we maintain the posture position when practicing or playing? Isometric strength is required because it keeps us fresh late in to the round and allows us to practice longer.
- Strength endurance: how long you can repeatedly generate a certain amount of force. A round of golf can go on for many hours, it is important we are in a conditioned state to get the most out of our rounds. We want to be as fresh at the end as when we started. Those who suffer from the Back 9 Fade will understand the importance of this.

**Power is defined as: the time rate of doing work, where work is the product of the force exerted on an object and the distance the object moves in the direction in which the force is exerted.**

Basically, how fast can you move a certain amount of weight. In our world, the handle of the golf club.

Work = Force x Distance

Power = Work / Time

To simplify things, power can be thought of as exerting maximum force in minimal time. Producing maximum power is extremely important in the golf swing.

## **Back pain prevalence among golfers**

Until very recently, I was not aware how pervasive low back issues were among golfers.

*To truly enjoy the game, we must be pain free.*

*To allow ourselves to focus, without distraction, we must be pain free.*

Although, I feel very comfortable with golf swing mechanics and creating golf performance training programs, the low back was an issue I wasn't very educated on... *until recently.*

What held me back was thinking that all back issues were caused by serious injury. This couldn't be further from the truth. While some people do have serious injuries that cause back pain, the vast majority of golfers are simply in a de-conditioned state.

What do I mean by de-conditioned? Many golfers who experience back pain are simply out of balance. Tight muscles, weak muscles, overly strong muscles... all can cause low back pain.

If you are out of balance, you are in luck... it can be fixed.

**NOTE: Those who have serious back issues, I suggest you consult with your doctor before performing any exercises in this book.**

Used regularly, this workout program will help strengthen your back and eliminate any nagging problems you may of had.

There is hope if you experience low back issues. Even if you don't experience back pain, this program is guaranteed to create a *core of flexible steel* that will protect your back during golf and your everyday life.



*Quite simply, we can eliminate or prevent back pain by instituting a solid exercise program focused on strengthening and lengthening the proper muscles.*

## **Chapter 2**

# **Putting It Together**

### **How Does the System Work?**

We build a strong core using a combination of weight training and bodyweight exercises.

Distance, endurance, and control are all vital... all linked to a strong core.

Many of the top golfers on tour now use fitness to not just improve their endurance, but control of their golf swing.

The focus the tour pro's use is on strengthening the core of the body. The core generates power, braces the body for the follow through, and creates a strong platform the swing rotates around.

The 12-week program I have created inside this book is the result of many days, weeks, months, and years of research, application, and testing.

Real golfers just like you have used my programs to increase their irons by 10 yards or more, drives by 30 yards, and they have lost countless pounds and inches from their waists.

The program begins with strength, balance, and flexibility and progresses to power. It is important that you follow the order of workouts to get the full benefit from the program.

Each week, I have also designed a new Endurance Builder conditioning workout. The goal of this workout is to increase your on course stamina by building your strength endurance.

Additionally, I encourage you to spend the time on the range of motion and flexibility days. The real secret sauce is in these stretches.

I should also speak on the back maintenance warmup I have included for most days of the workout program. Essentially, I created this system to eliminate back pain and potential back pain problems.

## **Your Workout Explained**

Inside this book, you'll be using a variety of workouts and approaches to forge a Golf Body that performs under pressure. Here's what to expect from each workout:

### **Foundation Workouts**

The foundation phase lasts a total of 4-weeks. You can go an additional 6-weeks if you are a total newbie to exercise. Whether you're a seasoned workout veteran or you're just starting a new fitness regimen, this is a good place to start.

You'll use a variety of beginner workouts using bodyweight and strength training.

### **Strength Workouts**

Stick with the strength phase for a total of 4 to 6-weeks. This will allow you to build upon the Foundation phase. Now that we have a good base, we build upon it by adding more strength exercises. We must get stronger before we add in power movements that we will use in the next phase of our system.

It is important that you do not skip this phase.

### **Power Workouts**

This program lasts 4 to 6-weeks as well. In order for us to have power, we must have increased our balance, strength, and range of motion.

Once we have completed the Foundation, Strength, and Flexibility programs we can now begin to put everything together.

We add power exercises such as kettlebell swings to bring together everything from the previous 8-weeks of workouts.

### **Endurance Builder Workouts**

A round of golf can take anywhere from 4 to 5 hours. These workouts are designed to build your conditioning. Using the NEW Endurance Builder system (20 seconds activity, followed by 10 seconds of rest), you'll be working a lot of muscle in just a little bit of time.

Endurance Builder Workouts are always Workout C and will be performed in our Foundation, Strength, and Power workouts. Here's why we will be using the Endurance Builder method to help us build our conditioning.

Take a look at this study from Canadian researchers at Queen's University.

The researchers tested a Endurance Builder style workout against long cardio (Reference: Appl Physiol Nutr Metab. 2012 Sep 20.)

22 college-aged women did 4 workouts per week for 4 weeks in one of three groups.

**Group A:**

Did 30 minutes of treadmill running at 85% max heart rate

**Group B:**

Did 8 rounds of 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, or squat thrusts) with 10 seconds of rest between rounds.

**Group C:**

Did nothing (they were the non-training control group).

Both training groups increased their aerobic fitness levels by the SAME amount (about 7-8%). That's right, the short bodyweight workouts (of 4 minutes) worked just as well as 30 minutes of cardio.

BUT...only Group B, using the Endurance Builder style training, also increased muscular endurance in common exercises like chest presses, leg extensions, sit-ups, and push-ups.

And finally, the 2Endurance Builder style training used by Group B also resulted in greater overall workout enjoyment.

The Canadian Scientists concluded that “extremely low volume bodyweight interval-style training” will boost cardiovascular fitness just as well as cardio while giving you BETTER improvements in muscle endurance. All in just 4 minutes.

**Bottom line:**

These Endurance Builder workouts will TRIPLE your results than doing long, boring cardio.

**Results:**

Both training groups increased their aerobic fitness levels by the SAME amount (about 7-8%). That’s right, the short bodyweight workouts (of 4 minutes) worked just as well as 30 minutes of cardio. Shocking.

## Chapter 3

# The Workouts

### How to Use the 12-Week Done-for-You Program

Because I want you to succeed, I've put together a specific 12-week blueprint for you to follow. That way, you won't have to think about what workouts to do and you can simply get started.

The 12-week program is all laid out for you. You'll work out 3 days a week along with mobility, flexibility, and stretching between training sessions. So, a good example to follow is to use the 12-week program on Mondays, Wednesdays and Fridays. On your "off" days, I suggest you stay active by doing some low intensity activity that you enjoy - golf. Of course, you have the mobility, flexibility, and stretching program you need to perform to ensure you get the most out of your golf swing. So your schedule might look like this:

- Month 1—Foundation Workouts
- Month 2—Strength Workouts
- Month 3—Power Workouts
  
- Sunday—Rest
- Monday—Workout A
- Tuesday—Stay active, Stretch & Recovery
- Wednesday—Workout B
- Thursday—Stay active, Stretch & Recovery
- Friday—Workout C
- Saturday—Stay active

Using the above system, Friday will always be our Endurance Builder Workout. The Endurance Builder Workout is our golf conditioning workout and gives you two days rest before starting back on Monday. I'll go in to how the Endurance Builder Workouts

actually work later on in this book.



### Workout Guidelines

- Perform this workout for 4 weeks and then transition to the Strength workouts. 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.
- 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 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 reducing injuries, 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 movement's 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 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.

### 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 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. Do NOT train more than 4 times per week. Rest and our mobility, flexibility, and stretching programs are recommended for your off days. The MAGIC happens during your rest days.
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. Make sure that you have the proper equipment and it has been well maintained.

## Foundation Workouts

### Foundation Workout A

Equipment required: Dumbbells, Timer

#### Warm-Up

Go through the following with no rest between exercises.

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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

#### Workout A

2A) [Pushup or Kneeling Pushup](#) x 8 reps

2B) [Bent Over Row \(DB\)](#) x 8 reps

NOTE: 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.

3A) [Squat \(BW\)](#) x 8 reps

3B) [Arnold Press \(DB\)](#) x 8 reps

NOTE: 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) [Lying Hip Extension](#) (BW) x 8 reps

4B) [Stick-Ups](#) (BW) x 8 reps

NOTE: 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) [Plank](#) (BW) x :20 second hold

5B) [Superman](#) (BW) x :20 second hold

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### **Cool Down**

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) [Butterfly Stretch](#) x :30 seconds

6B) [Seated Jack Knife](#) x :30 seconds

6C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## Foundation Workout B

Equipment required: Dumbbells, Timer

### Warm-Up

Go through the following with no rest between exercises.

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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout B

2A) [Decline Pushups](#) x 8 reps

2B) [1-Leg RDL \(BW\)](#) x 8 reps per leg

NOTE: 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.

3A) [Rolling Side Plank](#) x 8 reps per side

3B) [T-Squat \(BW\)](#) x 8 reps

NOTE: 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) [Single-Leg Golf Posture Rotations \(BW\)](#) x 8 reps

4B) [Stick-Ups \(BW\)](#) x 8 reps

NOTE: 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) [Superman Ball Plank \(BW\)](#) x :20 second hold per side

5B) [Horse Stance Reach \(BW\)](#) x :15 second hold per side

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### **Cool Down**

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) [Butterfly Stretch](#) x :30 seconds

6B) [Seated Jack Knife](#) x :30 seconds

6C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## Foundation Workout C

Equipment required: Timer

### Warm-Up

Go through the following with no rest between exercises.

- 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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout C - Endurance Builder Conditioning

- 2A) [Jumping Jacks](#) x :20 seconds, :10 second rest
- 2B) [Close Grip Pushups](#) x :20 seconds, :10 second rest
- 2C) [Bodyweight Squats](#) x :20 seconds, :10 second rest
- 2D) [Mountain Climbers](#) x :20 seconds, :10 second rest
- 2E) [Prisoner Lunges](#) x :20 seconds, :10 second rest

NOTE: 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 4 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

### Cool Down

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.

- 3A) [Butterfly Stretch](#) x :30 seconds



3B) [Seated Jack Knife](#) x :30 seconds

3C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## **Stretch and Recovery**

Equipment required: Bodyweight, Yoga Mat

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.

### **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
- 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.

### **Active Rest (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.

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.

## Strength Workouts

### Strength Workout A

Equipment required: Dumbbells, Timer

#### Warm-Up

Go through the following with no rest between exercises.

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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

#### Workout A

2A) [T-Pushup \(BW\)](#) x 8 reps per side

2B) [Squat \(DB\)](#) x 10 reps

NOTE: 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.

3A) [1-Arm Bent Over Row \(DB\)](#) x 10 reps per arm

3B) [1-Leg Lying Hip Extension \(BW\)](#) x 10 reps per side

NOTE: 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) [Chest Press \(DB\)](#) x 10 reps

4B) [Arnold Press \(DB\)](#) x 10 reps

NOTE: 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) [Sit Out \(BW\)](#) x 10 reps per side

5B) [Sprinter Situp \(BW\)](#) x :30 seconds total

5C) [Plank \(BW\)](#) x :30 second hold

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### **Cool Down**

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) [Butterfly Stretch](#) x :30 seconds

6B) [Seated Jack Knife](#) x :30 seconds

6C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## Strength Workout B

Equipment required: Dumbbells, Stability Ball, Timer

### Warm-Up

Go through the following with no rest between exercises.

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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout B

2A) [Pushup w/ 1-Arm Raise \(BW\)](#) x 5 reps per arm

2B) [RDL \(DB\)](#) x 10 reps

NOTE: 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.

3A) [Incline Chest Press \(DB\)](#) x 10 reps

3B) [Walking Lunge \(DB\)](#) x 10 reps per leg

NOTE: 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) [Cross Crawl \(DB\)](#) x 10 reps

4B) [Step-Up to Balance \(DB\)](#) x 10 reps per leg

NOTE: 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) [Side Planks \(BW\)](#) x :30 second hold per side

5B) [Stability Ball Rollout](#) x 10 reps

5C) [Mountain Climbers \(BW\)](#) x 10 reps per leg

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### **Cool Down**

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) [Butterfly Stretch](#) x :30 seconds

6B) [Seated Jack Knife](#) x :30 seconds

6C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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



## Strength Workout C

Equipment required: Timer

### Warm-Up

Go through the following with no rest between exercises.

- 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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout C - Endurance Builder Conditioning

- 2A) [Elevated Pushup](#) x :20 seconds, :10 second rest
- 2B) [Total Body Extension \(or jump rope\)](#) x :20 seconds, :10 second rest
- 2C) [Side Plank, Left Side](#) x :20 seconds, :10 second rest
- 2C) [Side Plank, Right Side](#) x :20 seconds, :10 second rest
- 2D) [Jumping Jacks](#) x :20 seconds, :10 second rest
- 2E) [Run in Place](#) x :20 seconds, :10 second rest
- 2F) [Spiderman Climb](#) x :20 seconds, :10 rest

NOTE: Perform the above circuit with no rest between exercises. Rest 90 seconds after completing the circuit. Repeat the circuit twice more for a total of 4 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

### Cool Down

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.

- 3A) [Butterfly Stretch](#) x :30 seconds
- 3B) [Seated Jack Knife](#) x :30 seconds
- 3C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## **Stretch and Recovery**

Equipment required: Bodyweight, Yoga Mat

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.

### **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
- 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.

### **Active Rest (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.

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.

## Power Workouts

### Power Workout A

Equipment required: Dumbbells, Kettlebell, Timer

#### Warm-Up

Go through the following with no rest between exercises.

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) [Prisoner Squats](#) x 15 reps

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

#### Workout A

2A) [1-Leg Squat \(DB\)](#) x :60 seconds per leg

2B) [Uppercuts \(DB\)](#) x :60 seconds

2C) [Bicycle Abs](#) x :30 seconds

NOTE: 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.

3A) [Reverse Lunges \(DB\)](#) x :60 second (alternate legs each rep)

3B) [Renegade Rows \(DB\)](#) x :60 seconds (alternate arms each rep)

3C) [Prone Side to Side Lower Body Rotation \(BW\)](#) x :30 seconds

NOTE: 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-Arm Swing \(DB or KB\) \(r\)](#) x :30 seconds

4B) [Woodchop \(DB or KB\) \(r\)](#) x :30 seconds

4C) [1-Arm Swing \(DB or KB\) \(r\)](#) x :30 seconds

4D) [Woodchop \(DB or KB\) \(r\)](#) x :30 seconds

4E) [Renegade Row to Press \(DB\)](#) x :30 seconds

NOTE: 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.

### Cool Down

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.

5A) [Butterfly Stretch](#) x :30 seconds

5B) [Seated Jack Knife](#) x :30 seconds

5C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## Power Workout B

Equipment required: Dumbbells, Kettlebell, Timer

### Warm-Up

Go through the following with no rest between exercises.

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) [Prisoner Squats](#) x 15 reps

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout B

2A) [1-Leg Reach \(BW\)](#) x :60 seconds per leg

2B) [Bent Over Row \(DB or KB\)](#) x :30 seconds per arm

2C) [Pushups](#) x :30 seconds

NOTE: 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.

3A) [Squat \(BW\)](#) x :60 seconds

3B) [Swing \(DB or KB\)](#) x :60 seconds

3C) [Hand to Hand Touch](#) x :30 seconds

NOTE: 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) [Squat, Curl, Press](#) x :120 seconds



4B) [Squat Thrust](#) x :30 seconds

NOTE: 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.

### **Cool Down**

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.

5A) [Butterfly Stretch](#) x :30 seconds

5B) [Seated Jack Knife](#) x :30 seconds

5C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## Power Workout C

Equipment required: Timer, Kettlebell

### Warm-Up

Go through the following with no rest between exercises.

- 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

NOTE: Perform the above circuit with no rest between exercises. After completing all exercises rest 1 Minute and move on to below circuit.

### Workout C - Endurance Builder Conditioning

- 2A) [Swing \(KB\)](#) x :20 seconds, :10 second rest
- 2B) [Close Grip Pushups](#) x :20 seconds, :10 second rest
- 2C) [Swing \(KB\)](#) x :20 seconds, :10 second rest
- 2D) [Mountain Climbers](#) x :20 seconds, :10 second rest
- 2E) [Swing \(KB\)](#) x :20 seconds, :10 second rest
- 2F) [Hand to Hand Touch](#) x :20 seconds, :10 second rest
- 2G) [Swing \(KB\)](#) x :20 seconds, :10 second rest

NOTE: 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 4 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

### Cool Down

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.

- 3A) [Butterfly Stretch](#) x :30 seconds
- 3B) [Seated Jack Knife](#) x :30 seconds
- 3C) [Seated Hold & Release \(seated on chair\)](#) x :20 seconds hold

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

## **Stretch and Recovery**

Equipment required: Bodyweight, Yoga Mat

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.

### **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

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.

### **Active Rest (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.

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 4**

# **Exercise Library**

## Warm Up

### Prone Knee to Chest (Knee Pull)

1. Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
2. Pull your right knee to your chest.
3. Slowly extend your leg all the way out until it is parallel with the floor.
4. Do not allow your leg to touch the ground.
5. Perform all reps on right side before performing on the left side.

**TIP:** Pull your knee as far in your chest as possible. You must feel your abs working for this to be effective. It is not uncommon to feel a pinch while performing this move. If you do feel a pinch, reduce your range of motion so this is not felt.







### Knee Side Drop Out

1. Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
2. Start with your right leg and lower your knee as close as you can to the floor.
3. You should feel a stretch on the inner thigh and activation of your gluteus.
4. Return knee to starting position.
5. Perform all reps on right side before performing on the left side.





### Single Frog Leg

1. Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
2. This move combines the Knee to Chest and the Knee Side Drop Out.
3. First perform the Knee to Chest.
4. When your knee is as close to your chest as you can get it, perform the Knee Side Drop Out.
5. When knee is close to the floor, extend your leg until it is parallel to the floor.
6. Pull knee back in to chest and repeat movement.
7. Perform all reps on right side before performing on the left side.







### Double Frog Leg

1. Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
2. This move combines the Knee to Chest and the Knee Side Drop Out.
3. This is done with both legs at the same time.
4. First perform the Knee to Chest.
5. When your knee is as close to your chest as you can get it, perform the Knee Side Drop Out.
6. Try to touch your soles together when both knees are close to floor.
7. When knee is close to the floor, extend your leg until it is parallel to the floor.
8. Pull knee back in to chest and repeat movement.
9. Perform all reps on right side before performing on the left side.









### Inch Worm

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)
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.













### **Jumping Jacks**

1. Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
2. Jump your feet out to your sides and raise your hands overhead at the same time.
3. Return to the starting position



### **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
3. together to work the upper back.
4. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
5. Make your hips go back as far as possible.
6. Squat as deep as possible, but keep your low back tensed in a neutral position.
7. Do not round your lower back.
8. Push with your glutes, hamstrings, and quadriceps to return to the start position.

### **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.

**X-Body Mountain Climber**

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

### **Side-to-Side Leg Swings**

1. Stand tall and hold on to a sturdy object with both hands.
2. Keeping your right knee straight, swing your right leg as high out to the side as you comfortably can.
3. Swing your leg back toward your body so that it crosses in front of your left leg. That's one rep. Swing back and forth continuously until you complete the prescribed number of reps, then do the same with your left leg.

## Foundation Workouts

### Foundation - Workout A

#### Pushups

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.
6. If you have difficulty, try this from your knees.





### **Bent Over Row**

1. Hold a dumbbell in each hand with a neutral grip.
2. Stand with your knees slightly bent. Push your hips back
3. Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
4. Slowly lower to the start position.
5. Be sure to keep your back flat at all times
6. Return slowly to the floor.

**TIP:** "Pull" the weight with the latissimus dorsi muscles (the "wings")

### **Mistakes**

- Cocking the head up
- Shrugging the shoulders as you pull the dumbbells
- Bending the wrists as you pull the dumbbells







### Squats (bodyweight)

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.





### **Arnold Press**

1. Stand with your feet just greater than shoulder-width apart.
2. Hold two dumbbells at your sides.
3. Curl both dumbbells.
8. Your palms should be facing toward your shoulders when you reach the top position for your curl.
9. When the dumbbells have reached your shoulders, press both overhead at the same time.
10. Your palms will naturally want to rotate forward. This is fine and what we want.
11. Lower weights back down to shoulders.
12. Repeat.





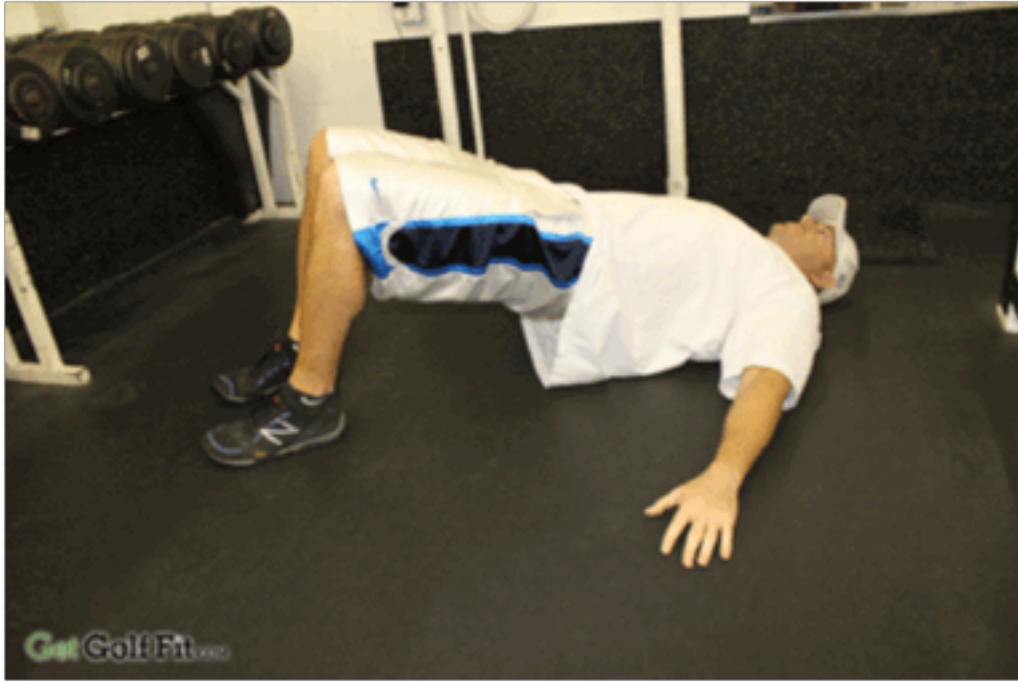


## Lying Hip Extension

1. Muscles: Butt, hamstrings (back of thighs)
2. Lie on your back with your knees bent and feet flat on the floor.
3. Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
4. Bridge your hips up by contracting your glutes. Don't use your lower back.
5. Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
6. Slowly lower your hips down until they are an inch above the ground. Then repeat.

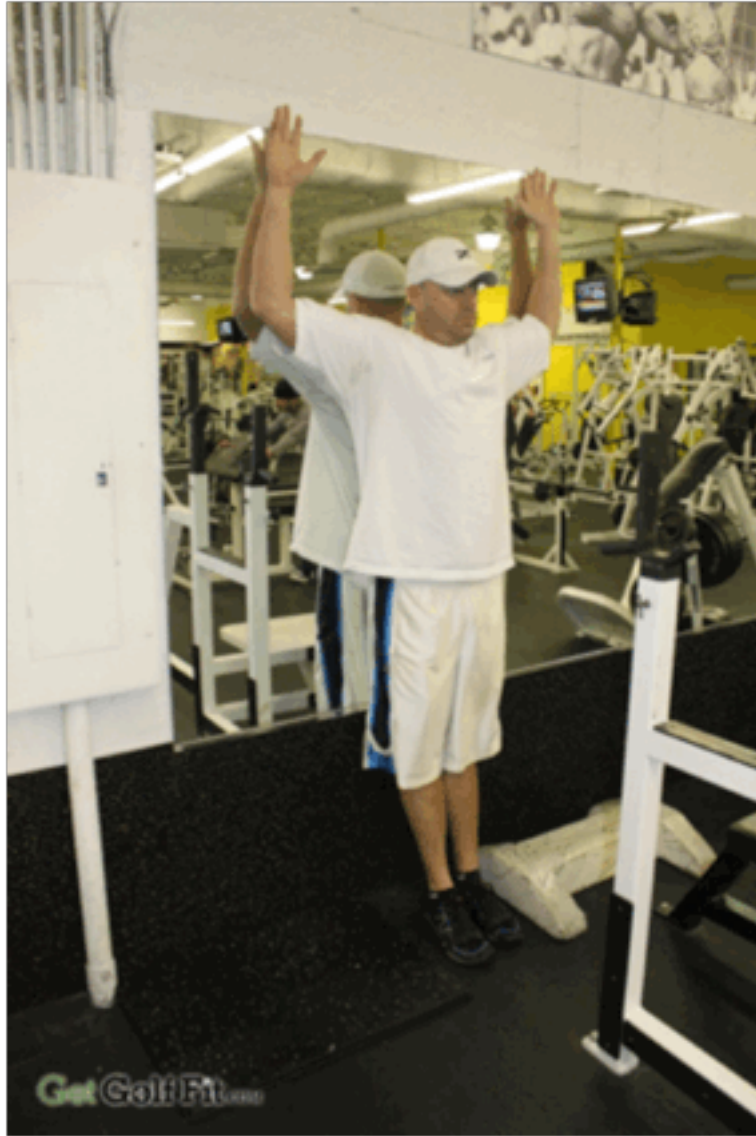






### **Stick-up**

1. Muscles: Rhomboids (upper back), posterior deltoids (shoulders)
2. Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
3. Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
4. Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
5. Again, try to keep everything in contact with the wall.
6. From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
7. Try to improve your range of motion in this exercise each week.
8. The goal is to improve shoulder mobility and postural control.





## 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.



## Superman

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 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.





## Foundation - Workout B

### Decline 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. Elevate your feet onto a chair.
4. Take 5 seconds to lower yourself down until you are 2 inches off the ground.
5. Push through your chest, shoulders and triceps to return to the start position.
6. Keep your body in a straight line at all times.







**1-Leg Romanian Deadlift (RDL)**

1. Keep your lower back arched and bend forward by pushing your hips back.
2. Repeat all reps for one side then switch.
3. Stand on one leg with a small bend in that knee. The other leg is bent back.
4. Keep your knee slightly bent, back arched, and try to keep the other leg straight.

### **Rolling Side Plank**

1. Lie on your left side with your knees straight. Prop your upper body up on your left elbow and forearm. Brace your core by contracting your abs forcefully as if you were about to be punched in the gut. Raise your hips until your body forms a straight line from your ankles to your shoulders. Hold for 1 second or 2 seconds.
2. Then roll your body over onto both elbows—into a plank—and hold for a second.
3. Next, roll all the way up onto your right elbow so that you're performing a side plank facing the opposite direction. Hold for another second or two. That's one repetition. Make sure to move your entire body as a single unit each time you roll.

## T-Squat

1. Muscles: Rhomboids (upper back), quadriceps (front of thighs), hamstrings, butt.
2. Hold your hands straight out to your sides in a “T” formation at all times.
3. Keep your upper back and shoulders tensed throughout the exercise.
4. Stand with your feet just greater than shoulder-width apart.
5. 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.
6. Squat as deep as possible, but keep your low back tensed in a neutral position.
7. Push with your glutes, hamstrings, and quadriceps to return to the start position.





### Single Leg Golf Posture 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.



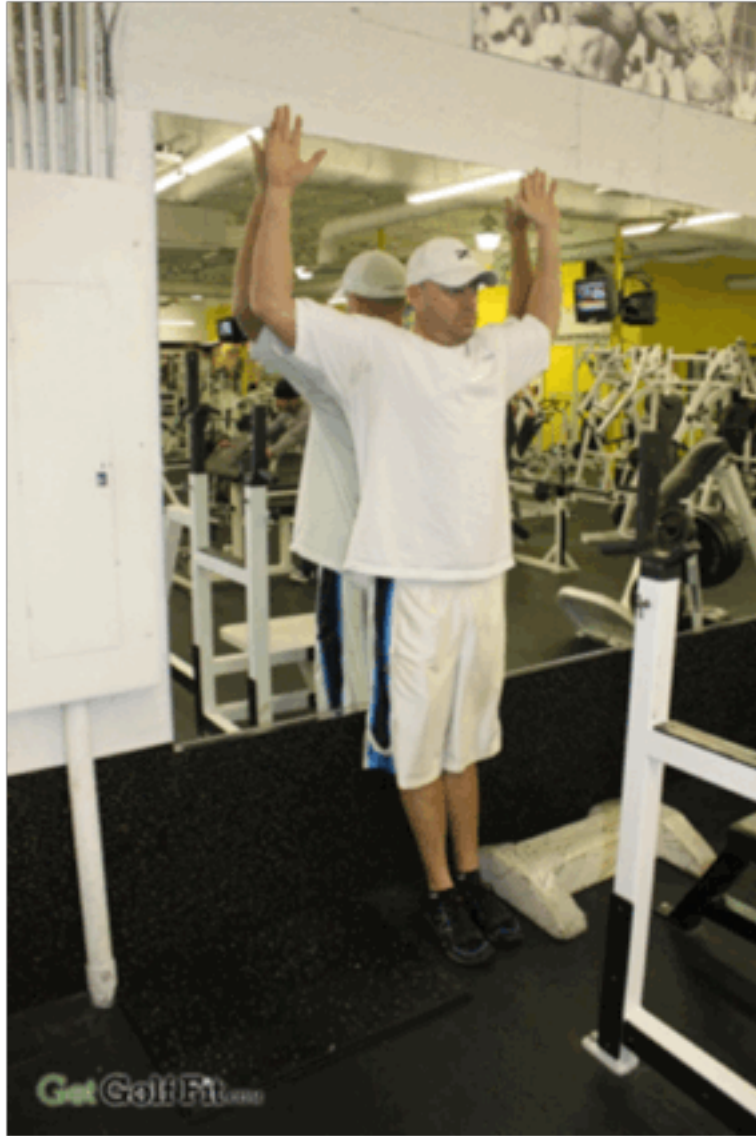


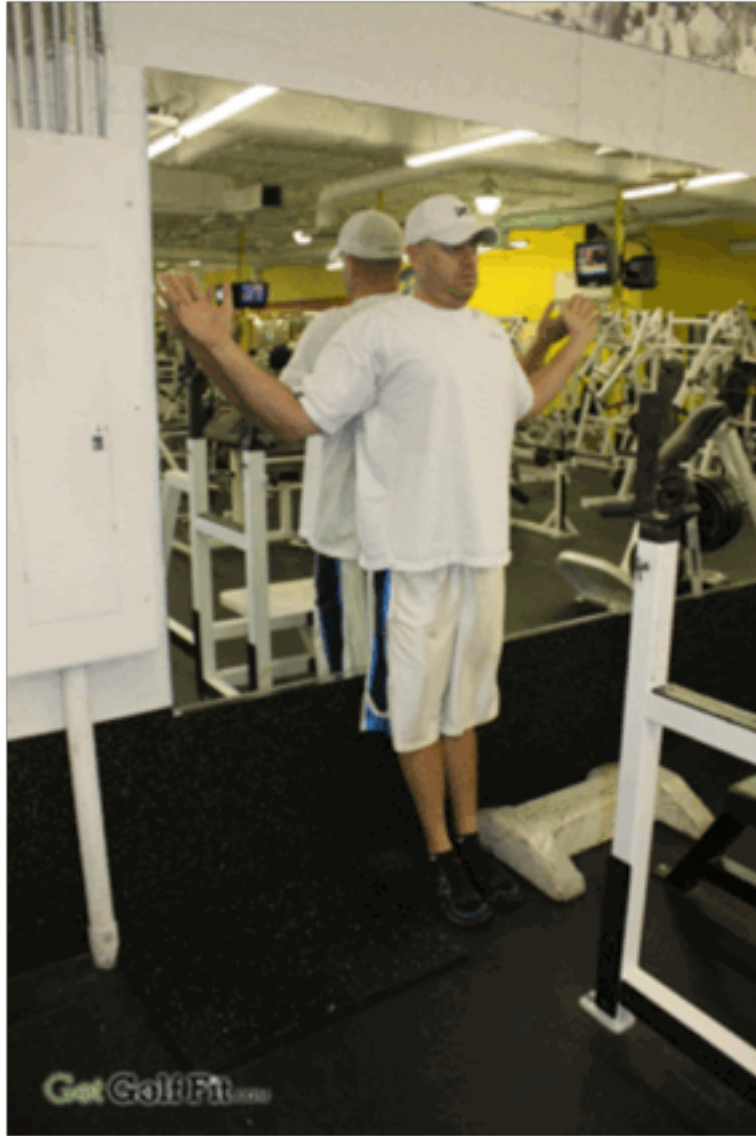




### **Stick-up**

1. Muscles: Rhomboids (upper back), posterior deltoids (shoulders)
2. Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
3. Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
4. Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
5. Again, try to keep everything in contact with the wall.
6. From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
7. Try to improve your range of motion in this exercise each week.
8. The goal is to improve shoulder mobility and postural control.





### **Superman Ball Plank**

1. Set your body in a regular stability ball plank position, but instead of resting your elbows on the ball, straighten your arms and put your hands on the ball as if you were going to do a Stability Ball Pushup.
2. Brace your abs throughout the entire exercise.

### 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.





## Foundation - Workout C

### Jumping Jacks

1. Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
2. Jump your feet out to your sides and raise your hands overhead at the same time.
3. Return to the starting position

**Close-grip Pushup**

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



### Squats (bodyweight)

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.





### **Mountain Climbers**

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

### **Alternating 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.

## Strength Workouts

### Strength - Workout A

#### T-Pushup

1. Keep your 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, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
3. Slowly lower yourself down until you are 1 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.
6. Alternate sides.







### Squat (DB)

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”.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Push with your glutes, hamstrings, and quadriceps to return to the start position.
5. For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
6. Keep your low back arched. Do NOT round your low back.









### 1-Arm Bent Over Row

1. Muscles: Lats, rhomboids (upper back), biceps, forearms, abs
2. Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
3. Hold the dumbbell in the right hand in full extension.
4. Slowly row the dumbbell up to your lower abdomen.
5. Keep the low back tensed in a neutral position and the elbow tight to the side.





### 1-Leg Lying Hip Extension

1. Muscles: Butt, hamstrings (back of thighs)
2. Lie on your back with your knees bent and feet flat on the floor.
3. Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
4. Using the right glute, bridge your hips up.
5. Keep your abs braced. Do not use your low back to do this exercise.
6. Slowly lower your hips down until they are an inch above the ground.
7. Perform all reps for one leg and then switch sides





### Chest Press (DB)

1. Muscles: Chest, triceps, shoulders
2. Lie on a flat bench.
3. Hold the dumbbells above your chest with your palms turned toward your feet.
4. Lower the dumbbells out and down to chest level.
5. Press the dumbbells up and in above the chest.







### **Arnold Press**

1. Stand with your feet just greater than shoulder-width apart.
2. Hold two dumbbells at your sides.
3. Curl both dumbbells.
8. Your palms should be facing toward your shoulders when you reach the top position for your curl.
9. When the dumbbells have reached your shoulders, press both overhead at the same time.
10. Your palms will naturally want to rotate forward. This is fine and what we want.
11. Lower weights back down to shoulders.
12. Repeat.







**Sit Out**

1. Start in a pushup position.
2. Bring your right knee up to your chest as if you were going to do a mountain climber.
3. Rotate your body and push your right leg out to your left side.
4. You may touch the ground with your right heel at full extension if you have trouble holding leg up. Gradually work up so that the heel does not touch the ground.
5. Bring leg back in and rotate back in to pushup position and place leg back to starting position.

### **Sprinters Situp**

1. Lie on your back with your legs straight and arms at your sides, keeping your elbows bent at 90 degrees.
2. As you sit up, twist your upper body to the left and bring your left knee toward your right elbow while you swing your left arm back.
3. Lower your body to the starting position, and repeat to your right. That's 1 rep.

## 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.



## **Strength - Workout B**

### **Pushup w/ 1-Arm Raise**

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. Raise your right arm out in front of you, parallel to the ground. Hold 2 seconds and return to pushup position.
6. Repeat for left side.
7. This is one repetition.
8. Keep your body in a straight line at all times.
9. If you have difficulty, try this from your knees.



### **Romanian Deadlift w/DB (RDL)**

1. Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
2. Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
3. Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
4. Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
5. Reverse the movement before your back starts to round.
6. Extend at the hips, contracting your hamstrings and buttocks, to stand up.
7. Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
8. Perform each rep with 100% concentration. Do NOT round your lower back.

**Incline Chest Press (DB)**

1. Lie on a bench with the backrest inclined at 45-60 degrees.
2. Hold the dumbbells above your chest with your palms turned toward your feet.
3. Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.

### **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.

### Cross Crawl

1. This is a combination warm-up and ab exercise.
2. Stand with your feet shoulder width-apart and hands straight overhead.
3. Slowly bring your opposite knee and elbow together in front of you.
4. Alternate sides.





### DB Step-Up to Balance

1. Muscles: Quadriceps (front of thighs), hamstrings (back of thighs), butt
2. Stand facing a bench. Place one foot on the bench and the other on the floor.
3. Hold dumbbells in hands at sides.
4. With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
5. Lower your body under control. Pause briefly at the bottom and repeat.
6. Complete all reps for one side.









### Side Plank

1. Muscles: Abs, obliques, low back, shoulder
2. Lie on a mat on your side.
3. Support your bodyweight with your knees and on your right elbow.
4. Raise your body in a straight line so that your body hovers over the mat.
5. Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



### **Stability Ball Rollout**

1. Kneel on a mat and place your clasped hands on the top of a medium sized ball.
2. Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
3. Keep your body in a straight line and go as far as you can with perfect form.
4. Contract your abs and reverse the motion to return to the upright position.

### **Mountain Climbers**

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

## **Strength - Workout C**

### **Elevated Pushups**

1. Keep the abs braced and body in a straight line from knees to shoulders.
2. Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step.
3. Hands are slightly wider than shoulder width apart (normal pushup width).
4. Slowly lower yourself down until you are 2 inches off the ground.
5. Push through your chest, shoulders and triceps to return to the start position.
6. Keep your body in a straight line at all times.
7. Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.

### **Total Body Extension**

1. Start in the standing position as if you were going to do a bodyweight squat.
2. Dip down quickly into a quarter squat and swing your arms behind you by your sides.
3. Explode up and extend your body onto your toes, raising your arms overhead.
4. Control the descent back and in one movement return to the dip before exploding back up again.
5. This is a non-impact replacement for jumping.

### Side Plank

1. Muscles: Abs, obliques, low back, shoulder
2. Lie on a mat on your side.
3. Support your bodyweight with your knees and on your right elbow.
4. Raise your body in a straight line so that your body hovers over the mat.
5. Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



### **Jumping Jacks**

1. Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
2. Jump your feet out to your sides and raise your hands overhead at the same time.
3. Return to the starting position

**Run in Place**

1. Run in place, bringing your knees high, alternating steps.
2. Increase the intensity by going faster.



### **Spiderman Climb**

1. Brace your abs. Start in the top of the pushup position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

## Power Workouts

### Power - Workout A

#### Single Leg Dumbbell Squat

1. Standing up, holding dumbbells at your side.
2. Lift your left leg slightly off the ground and balance on your right leg.
3. Squat down on your right leg and maintain control.
4. Keep your right knee behind your toes.
5. Do not allow your right thigh to go beyond parallel. Maintain left foot off the ground.
6. Perform all reps on right side before performing on the left side.





### Dumbbell Uppercut

1. Stand with feet shoulder width apart holding a dumbbell in each hand.
2. Bring your hands to hip level or higher position.
3. Explosively punch upwards with your right hand crossing over to your left.
4. Bring right hand back to starting position and perform same movement with left hand.







## Bicycle Crunch

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







### **Reverse Lunge**

1. Stand upright holding a pair of dumbbells (optional)
2. Step back and squeeze your glute muscles, while keeping your upper body straight
3. Lower yourself until your rear knee is a few inches off away from the ground
4. Push back up with your lead leg to the starting position.

### Renegade Row

1. Gripping two dumbbells (preferably hexagon shaped – round are too dangerous for this movement) take a pushup position.
2. Engage your abs, and row the right dumbbell to your chest.
3. Lower dumbbell back to starting position.
4. Switch sides (starting to left) and repeat.





### Prone Side to Side Lower Body 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.







### 1-Arm Swing (DB or KB)

1. Grab a dumbbell (or kettlebell) with an overhand grip and hold it with one hand in front of your waist at arm's length.
2. Set your feet slightly wider than shoulder-width apart.
3. Keep your back straight, bend at your hips and knees and lower your torso until it forms a 45-degree angle to the floor.
4. Swing dumbbell between your legs backwards and then pop with your hips to move it forward.
5. Keeping your arm straight, thrust forward with your hips driving your heel in to the ground.
6. Right up to a standing position.
7. Perform all reps on one arm before completing with the other arm.







### **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.





### Renegade Row to Press

- Gripping two dumbbells (preferably hexagon shaped – round are too dangerous for this movement) take a pushup position.
- Engage your abs, and row the right dumbbell to your chest.
- Rotating your weight to your left side, push the dumbbell straight in to the air above your head.
- Hold this position for 5 seconds before slowly lowering the weight back to starting position.
- Switch sides (starting to left) and repeat.





## Power - Workout B

### 1-Leg Reach

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.





### Bent Over Row

1. Muscles: Lats, rhomboids (upper back), biceps, forearms, abs
2. Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
3. Hold the dumbbell in the right hand in full extension.
4. Slowly row the dumbbell up to your lower abdomen.
5. Keep the low back tensed in a neutral position and the elbow tight to the side.





### 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.
6. If you have difficulty, try this from your knees.





## 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.





**Swings (DB or KB)**

1. Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
2. Push your hips back and swing the Kettlebell or dumbbell between your legs.
3. Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace

### **Hand to Hand Touch**

1. Get in a pushup position with your feet hip-width apart, your body in a straight line from shoulders to ankles, and your hands just outside your shoulders.
2. Quickly touch your left hand to the top of your right hand, then quickly return to the starting position. Immediately repeat to the opposite side, touching your right hand to the top of your left hand.

### **Dumbbell Squat, Curl, Press**

1. Stand with your feet just greater than shoulder-width apart.
2. Hold two dumbbells at your sides.
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. Don’t let your lower back become rounded.
6. Push with your glutes, hamstrings, and quadriceps to return to the start position.
7. After reaching the start position for your squat, curl both dumbbells.
8. Your palms should be facing toward your shoulders when you reach the top position for your curl.
9. When the dumbbells have reached your shoulders, press both overhead at the same time.
10. Your palms will naturally want to rotate forward. This is fine and what we want.
11. Lower weights back down to shoulders and reverse the curl.
12. Repeat.













### Squat Thrusts

1. Start in the top of the pushup position with your abs braced.
2. Thrust your knees in towards your chest and then back out quickly.
3. Repeat.







**Power - Workout C**

**Swings (DB or KB)**

1. Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
2. Push your hips back and swing the Kettlebell or dumbbell between your legs.
3. Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace



### **Close-grip Pushup**

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

### **Mountain Climbers**

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

### **Hand to Hand Touch**

1. Get in a pushup position with your feet hip-width apart, your body in a straight line from shoulders to ankles, and your hands just outside your shoulders.
2. Quickly touch your left hand to the top of your right hand, then quickly return to the starting position. Immediately repeat to the opposite side, touching your right hand to the top of your left hand.

## Cool Down

### Butterfly Stretch

1. Sit on the floor with knees bent and feet together.
2. Hold toes down with your hands.
3. Tuck your chin and pull your forehead toward your toes.
4. Feel your groin, but put emphasis on your lower back.
5. Hold for a count of 8.
6. Repeat for required number of sets.





### Seated Jack Knife

1. In a sitting position, extend your legs and place your knees and ankles close to each other.
2. Tuck your chin and pull your forehead toward your knees.
3. Feel a stretch in your low back. You may also feel this in your hamstrings.
4. Stay in this position for a count of 8 after you have felt the lower back stretching.
5. Repeat for required number of sets.





### Seated Hold and Release

1. Sit in a sturdy chair that does not lean back. You also need to be able to grip under the chair. A barstool or kitchen chair should do the trick.
2. Grip the chair with your fingers and pull up.
3. Keep your back straight and push down with your buttocks.
4. Hold for a count of 8.
5. Repeat for required number of sets.





## Stretch and Recovery

### 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.









### 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.





**Fist Exercise**

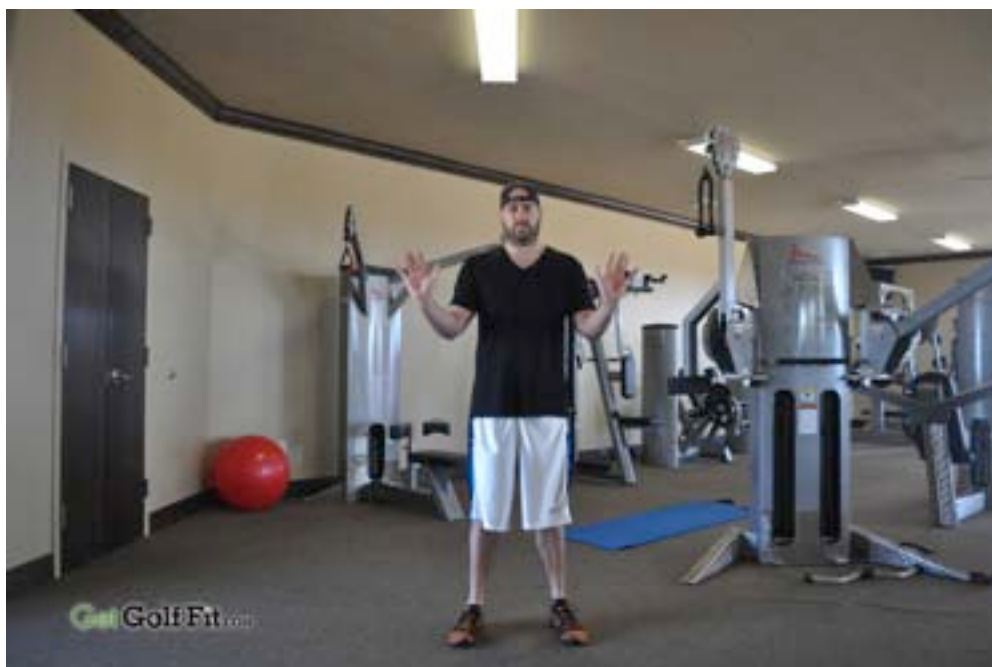
1. Extend fingers from closed fist, then clench your fist again.
2. Perform a total of 20 repetitions

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

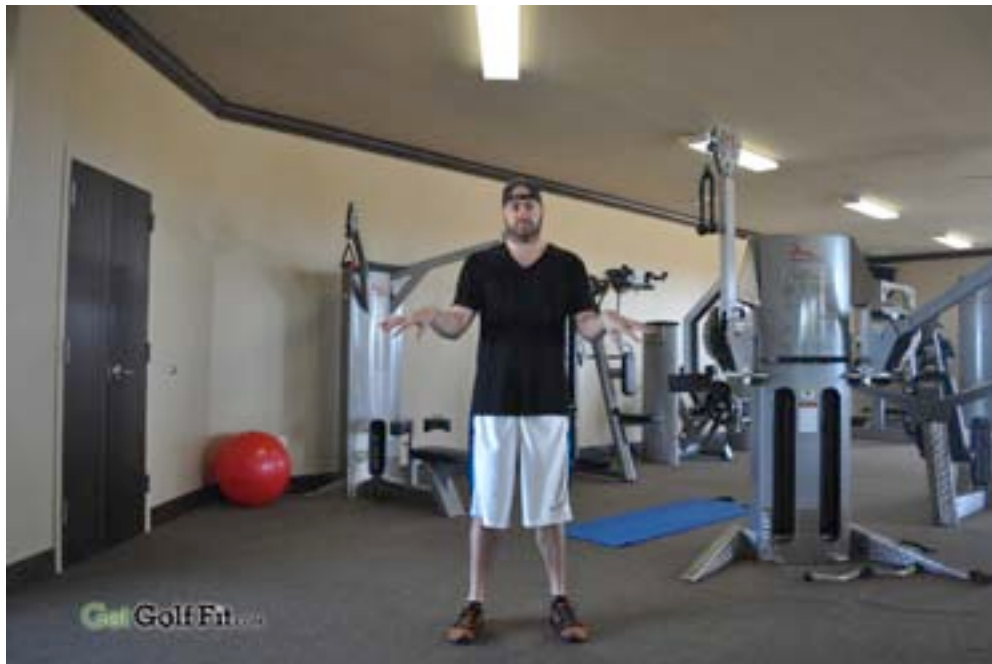


### Wrist Rotations

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.









## 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.





## 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.
2. Repeat in opposite direction.





## Hula Hoop

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









## 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.



### 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.





## 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.







### Spine Rotation w/Club

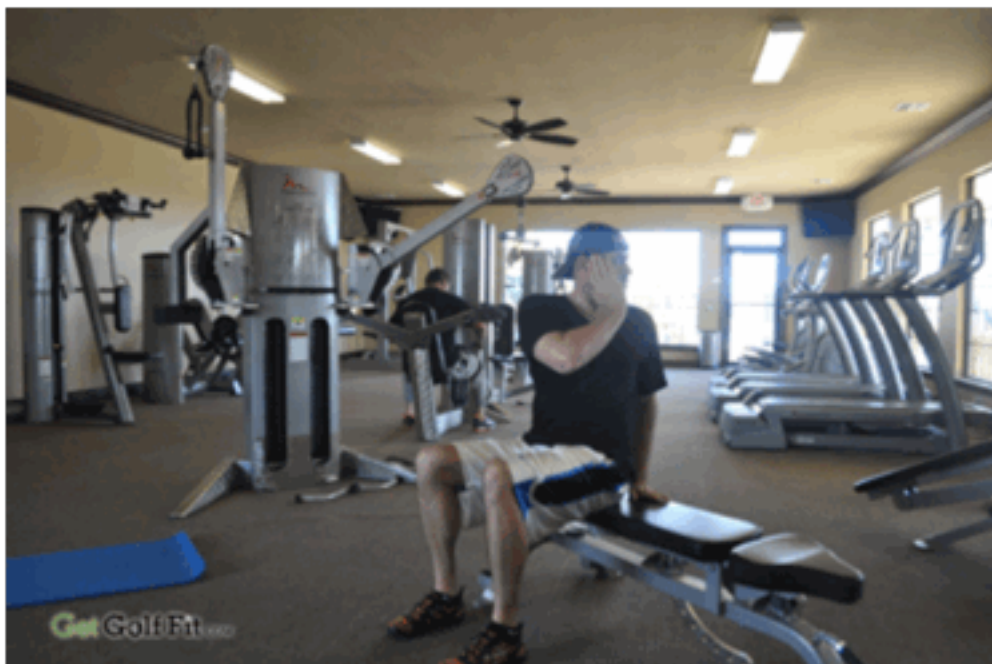
1. Sit in a chair with feet & hips planted solidly.
2. Slowly turn your trunk clockwise and counterclockwise.
3. Make sure your head moves with your torso.





## 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

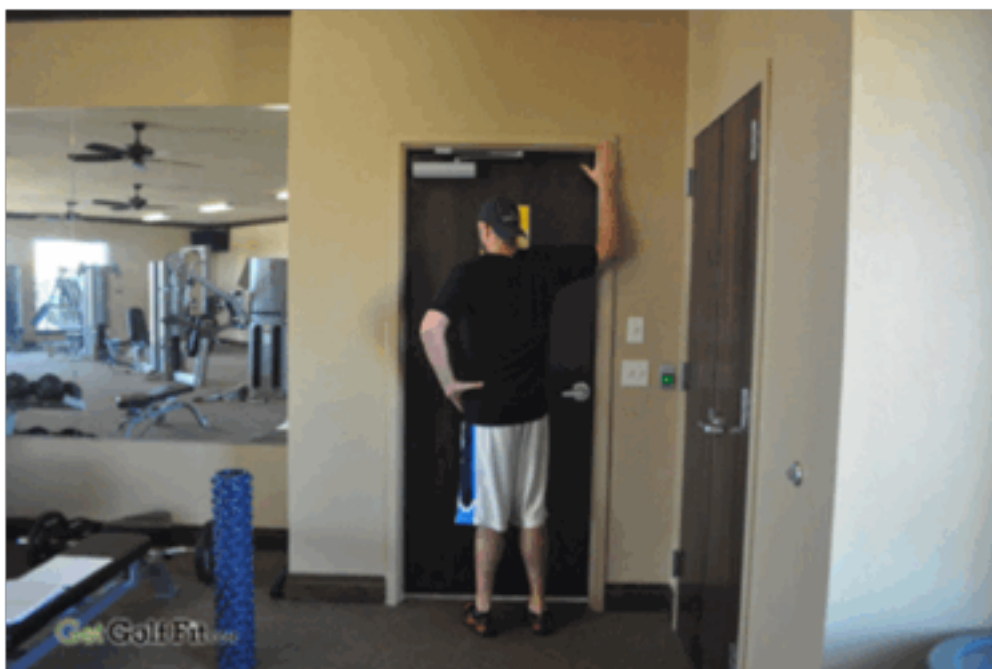
1. Great for alleviating tension that can cause headaches.
2. Turn your head a little to the right as if trying to touch your chin to your collarbone.
3. On the side you have moved your chin, take that same side arm and grasp your head and pull in to your collarbone.
4. Allow the tension to release and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





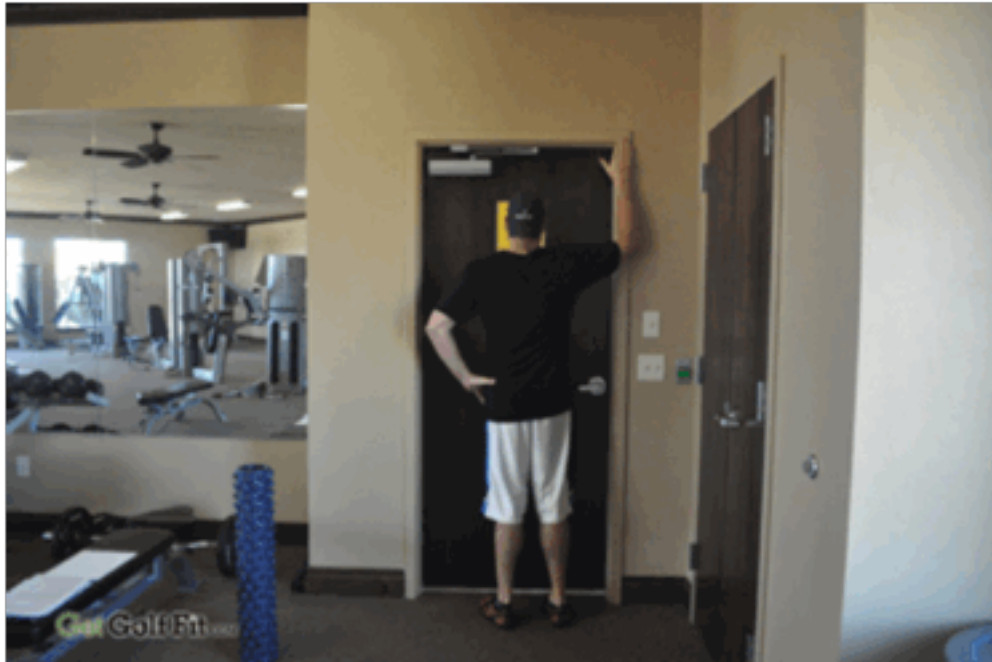
### Chest Stretch 1

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



### 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.







### 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.







### 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.





**Trunk Rotation**

1. Sit on a chair facing forward.
2. Solidly plant your feet to anchor hips.
3. Open your chest and turn your torso around your spine. Hold on to chair.
4. Contract your muscles and breath deep.
5. Release tension and breath and twist a bit further.
6. Repeat on opposite side.

### **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.







### 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.





### 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.





## What should you do next?

Q: So I've finished the Golf Fitness: Core 2 Score workouts, what other workout programs do you have?

Answer:

In addition to Golf Fitness: Core 2 Score, you can change your workout to one of our other programs such as Shed Pounds to Shave Strokes, or 30 Yards or More in 30 Days or Less.

## Golf Fitness: Shed Pounds to Shave Strokes



[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.

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

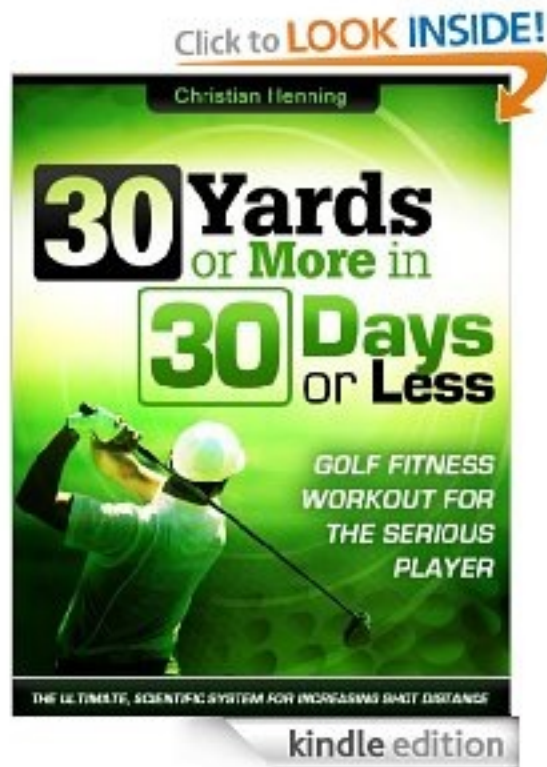
Professional trainer and golfer, Christian Henning has designed a golf specific workout to give you the golf body you dream about.

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

- 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!

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





[30 Yards or More in 30 Days or Less](#) is the workout to do AFTER Shed Pounds to Shave Strokes. This more advanced program to begin immediately after Shed Pounds is our core strengthening and power workout program.

This 4-week (advanced) to 8-week (Intermediate and beginner) workout program is designed to build on the base you create in Shed Pounds to Shave Strokes. In a nutshell, this is a tour pro caliber workout designed to improve golf performance and provide you with more distance, stamina, and control.

#### **ADD DISTANCE THROUGH STRENGTH & FLEXIBILITY**

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!](#)

- Build Balance, Flexibility, Strength, and Power in just 30 days
- 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!