

# 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

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## Golf Fitness is Simple

Golf fitness is simple - if you have a proven plan for game improvement.

What if there was a simple way to add an extra 30 yards off the tee? And add power and distance to every club in your bag?

What if I could show you how play golf with less pain and more energy?

Do you think you could shoot lower scores and get more enjoyment out of playing golf?

And what if you could accomplish all of this:

- without spending hundreds (or even thousands) of dollars on new clubs
- without hiring a swing coach or paying for expensive lessons
- and without wasting money on wacky golf training aids that don't work

The good news is that I can deliver on this promise. In fact, I've already helped thousands of avid golfers just like you improve their games.

People like **Kevin L.**,

*"I started the program two weeks ago and have to say I'm very impressed. You can feel from the start that it is golf specific. I've already lost 9 lbs. In hitting balls on the range it's always tough to assess distance but I can tell you that my balance is much better which is making my ball striking more consistent."*

**Mitchell S.**,

*"I saw results right away in my swing and health of my body. What Chris puts together with not only the lifting but also the joint mobility and flexibility training helped dramatically to my swing and joints.*

*This added health allowed me to work out harder and these workouts are right to the point, which helps because I am always on the move. Overall I was able to gain about*

*20 yards to my about 240-yard original full driver swing.*

*I can't wait to continue this program and use this as a part of my life from now on."*

**Rich G.,**

*"I lost 9 pounds of fat in just a few weeks while also gaining muscle. I felt better late in the round after losing the weight and can play 36 holes without dragging around.*

*As a serious competitive golfer, this really helps me compete better in tournaments."*

I believe in my program so much, I've even included a **FULL workout** you can implement right away. Print it out and get to the gym or do it in the comfort of your own home.

All I ask in return is that you take 5 or 10 minutes to read this entire report, right now. The few minutes it takes to go through this report could dramatically improve your game. Your quick path to adding more distance and power starts today!

Fair enough?

Let's get started...

## My Mission

*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*

## Core to Score Explained

The core controls the golf swing. A strong core helps us maintain good posture throughout the golf swing. A solid core also aids in promoting good balance. Additionally, the core also helps us generate power to strike the ball. The core also protects our back and helps to decelerate the golf club after impact.

We can 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 through proper exercise program design. The top guys follow well developed workout programs created by the best trainers available.

Luckily, you too can get the same level of training that the tour pro's get (Core to Score), at a fraction of the cost.

The days are fading where overweight tour pro's can compete on a weekly basis. Sure, one may pop in for a win or compete once in awhile, but it never lasts. The top golfers are the ones in the best shape. Week in and week out.

Just a quick run down the Top 10 Rankings show us the most consistent golfers. They are all in relatively good shape and appreciate fitness as a competitive edge.

McIlroy, Woods, Scott, Rose, Mickelson all appreciate and employ fitness as a crucial cog in their golf game.

You don't need to be ripped to see the benefits impact your golf game. No... forget about having to look like a underwear model. Quite simply, you can see results in a few days. Sure, it would be nice to have the abs of an underwear model.. and you can. But

that takes time.

Additionally, the training for golf is vastly different than that of a bodybuilder. Bodybuilders train mainly for aesthetics. Golfers train for performance. Traditional bodybuilding does not employ exercises that are of use to the golfer. Sure, squats are tremendous... as are some olympic movements. For the most part, you can toss out traditional bodybuilding along with the arm curls and bench presses.

Short term, you will see dramatic improvement in your game. Golf fitness will open your swing up through flexibility. Golf fitness will give you better balance. Golf fitness will allow you to boom your driver longer than ever before. Golf fitness will give you more control over your swing.

In addition, you are going to feel a lot better too.

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. Flexibility is not ignored either.

The 12-week program I have created inside Core to Score 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 most moving emails I receive are from those who are just enjoying their life more. Golf fitness will impact you in more ways than just your golf game. Playing with your kids and grandchildren will be fun and easy. Your chance of injury is reduced... ultimately, you will live a longer life (my true mission in life).

## **The Core to Score Workouts Explained**

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.

Inside Core to Score, 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.

## The Endurance Builder Workout

Today we will be performing an Endurance Builder workout from Core to Score. This workout is designed to accomplish two goals:

1. Build our endurance to avoid the Back 9 Fade.
2. Burn additional fat through HIIT (High Intensity Interval Training).

The two go hand-in-hand together for improving your overall golf health. Every third workout in the Core to Score program is designed to focus on Endurance. Sandwiched between, we will focus on core training that improves your balance, strength, and power.

Endurance is just one facet of Core to Score. In fact, strength, power, and endurance all play equally important roles in my program design for Core to Score. Prior to each Endurance session, I have crafted flexibility and range of motion workouts, power workouts, strength workouts and balance work.

Mix all of these together for a sculpted and powerful golf body. Enough talk...

...Let's hit the gym.

### 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. Simply 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.

# Get Golf Fit

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

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 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**

Stretch any tight muscles afterward. The main Core to Score program contains a brief stretching cool down focused on problematic area's for golfers.

## Appendix - Science Behind Endurance Builders

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.

## Appendix - Home Gym Primer

I am assuming that you may be working out at home. As such, I have created a Home Gym Primer so you can obtain all of the equipment you will need in the Core to Score program. I designed Core to Score to use a bare minimum of equipment. To be honest, to get great results, we don't need a ton of stuff.

While Core to Score utilizes a great deal of bodyweight only movements, we also need some weights for the Strength Phase.

Preparing your home gym does not require great expense of fancy equipment. In fact, you can get by with the bare essentials if you are on a budget. Splurging just a bit can fit you nicely for any type of exercise needed.

Below is a list of 4 pieces of must own equipment to get the most out of this golf fitness program. You may also workout in a gym, which will have most if not all of the equipment required.

1. Dumbbells - I prefer the hexagon ended dumbbells because they can be used for more complex movements in our advanced golfer workouts. A good range here is 10, 15, 20, 25 pounders for the Core to Score workouts. You most likely have some laying around your house already. Adjustable Dumbbells such as those made by Bowflex. 5-55 lb range is perfect for this golf program. **CAUTION:** Bowflex Selectech are GREAT as long as you don't get rough with them or do renegade rows. I've sent back so many handles I can't count. For affordability and durability I recommend the old iron hex dumbbells.
2. Yoga Mat – nothing fancy here and something not too thick. The thicker the mat, the harder it is to maintain balance. This is for stretching and exercises performed on the ground.

3. GymBoss Timer – Some exercises are timed and a good programmable timer is recommended. The GymBoss also is available on the iTunes store as an app for minimal cost.
4. Weight Bench or Sturdy Chair - The key point here is that you have a sturdy platform that you can step up on. Some of the movements require you to step up holding dumbbells. Under no circumstance should you use a chair with wheels. That's just insanity bro!

**Substitutions:**

Exercise Bands – these may be purchased affordably from just about any athletic store. However, we highly recommend Bodylastics exercise bands, which come with a lifetime warranty and are highly portable for travel. These can be used instead of dumbbells for most moves, you may experiment to find the best substitution for the dumbbell exercise you are replacing.

Stability Ball - Certain exercises such as the chest press should be performed on a flat bench. However, you can use a stability ball for even better core activation if you do not have a bench. Stability balls are cheap and very functional. In fact, I use them all the time in my workout programs. Having one is a good idea!

## Appendix - Exercise Library

### Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”.
4. Make your hips go back as far as possible.
5. Squat as deep as possible, but keep your low back tensed in a neutral position.
6. Do not round your lower back.
7. 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.







### **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





### **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.
6. Feel free to add an arm raise and leg raise to make this more difficult.









### **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.



