

# Endurance Builders

*13 All-New Fat Loss Endurance  
Workouts Anyone Can Do in  
15-minutes or Less Per Day*

- **Burn Fat**
- **Build Muscle**
- **Get in Shape**



**Christian Henning, NASM-CPT**

## **Golf Fitness: Endurance Builders**

**Build Hours and Hours of Endurance  
in 15-minutes or Less Per Day**



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## 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.

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## **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*



## Why Use Endurance Builders?

A round of golf can take anywhere from 4 to 5 hours. These workouts are designed to build your conditioning and help eliminate the back 9 fade.

Endurance is often overlooked for most golf ... everyone wants power. Quite simply, endurance is what allows you to perform when it counts the most ... at the end of your golf round, the back 9 specifically. The back 9 is where you want to be as fresh as when you began your round.

Enter Endurance Builders: A compilation of short burst, intense workouts that build endurance in a short time frame. We're talking 4, 8, and 14 -minute workouts ... but deliver results that would normally take 45-minutes to an hour to obtain with traditional cardio workouts.

With today's busy pace, who has time to walk on a treadmill or stride on an elliptical for an hour? Let's not even bring up how mindless and boring that would be. Just the thought of it makes me want to avoid it completely.

Working out should be fun and challenging ... not tedious and boring.

Endurance Builders may only require a small bit of your time, but they deliver superior results. Let me explain the science behind Endurance Builders now ...

### The research behind Endurance Builders

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

The researchers tested an 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 Endurance 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:**

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.

**What does an Endurance Builder workout look like?**

The workouts have been created in 5, 10, 15-minute timeframes to allow you to pick and choose different Endurance Builders you may use with your existing workout. Obviously, this gives you a progression that allows you to increase your conditioning.

As the research shows, we don't need a lot of time to get big results.

Beginners will start with the 5-minute programs and then advance from there. For intermediate folks, I suggest starting with the 10-minute programs and then eventually advancing to the 15-minute programs.

In fact, the 15-minute programs are designed to be used on their own, as their own complete workout.

Endurance Builders use a 20 second active period, and then a 10 second rest period. The 10 second rest period is usually just enough time to get setup for your next exercise in the circuit. Complete an exercise and then move on to another exercise in the circuit. Once all exercises are completed, you rest 1 minute and then repeat for the prescribed number of rounds.

An example of an 15-minute Endurance Builder workout is:

- 1A) Jumping Jacks x :20 seconds, :10 second rest
- 1B) Close Grip Pushups x :20 seconds, :10 second rest
- 1C) Bodyweight Squats x :20 seconds, :10 second rest
- 1D) Mountain Climbers x :20 seconds, :10 second rest
- 1E) 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

Three more times for a total of 4 rounds, resting 1 minute between each. After completing all rounds rest 1 minute and move on to below circuit.

## How to Add Endurance Builders to Your Regular Workout

So, you have a favorite workout program already that you're just too attached to and don't want to give up? That's completely fine. In addition, if you currently have an existing Get Golf Fit workout, you can add some variety to the program utilizing these Endurance Builders.

Adding Endurance Builders to your existing working is easier than you think.

Your current workout would be your foundation. An Endurance Builder would then be used as the grand finale to your current workout.

So, you're looking at doing it like this:

### **Warm-up**

- Your workout program
- Endurance Builder Workout
- Cool-down Stretch

**WARNING: DO NOT perform Endurance Builders BEFORE your existing workout. Quite simply, you will be too tired and won't have the energy to do your workout properly. This could lead to injury.**

To get the most bang for your buck as far as time is invested, choose an Endurance Builder that compliments three things:

1. Your goals
2. Your main workout program
3. Your time allowed

### **Using Endurance Builders to Help Your Goals**

To improve golf power and strength, you already know that resistance training and conditioning is the way to go.

When you structure your strength training first, followed by conditioning as found in these Endurance Builder workouts, you'll build endurance and get the added bonus of burning fat in the least amount of time possible.

Science tells us that performing conditioning before strength training can hinder our strength training. However, performing conditioning AFTER strength training is optimal for fat burning.

Plus, the strength training doesn't make a big impact on our ability to perform conditioning training.

### **How to Choose Your Endurance Builder Based on Your Program**

There is a catch though. If your current workout is mainly conditioning, then your best bet is to go with one of the shorter workouts in this manual. Your nervous system can only handle so much conditioning.

So, if your main workout calls for a number of KB Swings, burpees, etc., then it wouldn't make sense to choose an Endurance Builder workout with the same moves, right?

Another consideration is that if your main workout consists of a really tough lower body workout, then you might want to avoid Endurance Builders that focus on the lower body. We want to avoid overuse injuries at all cost.

Remember, we want you to train hard, but safe.

### **How to Choose an Endurance Builder Workout Based on Time**

Endurance Builders maximize your time. That's pretty awesome, right?

You don't need to burn time to get results, you need intensity. 90-minute workouts are a thing of the past as the Queen's University study shows.

In fact, your goal should be to get your workout done in UNDER an hour, that INCLUDES an Endurance Builder at the end.

A good example—you don't need to add a 15-minute Endurance Builder at the end of your current workout if it is currently 40 minutes.

That would be doing way too much. So, take a look at the numbers:

- Warm-up—5 minutes
- Your Workout—40 minutes

That's 45 minutes right there. So, you would need to choose an Endurance Builder that takes 10 minutes or less.

Remember, you want to leave a little time for cooling down and stretching if necessary. You can get ALL of it done in less than an hour for amazing results.

So, to sum up how to use these Endurance Builder workouts with your current workout

...

1. Use AFTER your main program—don't use them as a warm-up.
2. Keep your workouts UNDER an hour. INCLUDE your main workout + the Endurance Builder + warm-up and cool-down.

## **The Endurance Builder Workouts**

### **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 Core to Score 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 Library chapter.**



### **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.

### 5-Minute Endurance Builders

- Set a timer for 5-minutes.
- Work at a comfortable pace for 20 seconds per exercise, then rest 10 seconds.
- It is OK to take breaks as needed.
- When your form becomes imperfect, STOP.

#### Workout #1: The Burn

Do the following superset as many times as possible in 5-minutes. Rest only when needed.

1A) [Bodyweight Squats](#) x :20 seconds, :10 second rest

1B) [Pushups](#) x :20 seconds, :10 second rest

#### Workout #2: The Splits

Do the following superset as many times as possible in 5-minutes. Rest only when needed.

1A) [Split Squats](#) x :20 seconds, :10 second rest

1B) [Decline Pushups](#) x :20 seconds, :10 second rest

#### Workout #3: Jack Me Up

Do the following superset as many times as possible in 5-minutes. Rest only when needed.

1A) [Jumping Jacks](#) x :20 seconds, :10 second rest

1B) [Pushup Plank](#) x :20 seconds, :10 second rest

#### Workout #4: Half Burp's

Do the following superset as many times as possible in 5-minutes. Rest only when needed.

1A) [Total Body Extensions](#) x :20 seconds, :10 second rest

1B) [Squat Thrusts](#) x :20 seconds, :10 second rest

#### Workout #5: Let Me Outta Here

Do the following superset as many times as possible in 5-minutes. Rest only when needed.

1A) [Prisoner Jump Squats](#) x :20 seconds, :10 second rest

1B) [Lying Hip Extension](#) x :20 seconds, :10 second rest

## 10-Minute Endurance Builders

- Set a timer for 10-minutes.
- Work at a comfortable pace for 20 seconds per exercise, then rest 10 seconds.
- At the end of each circuit, rest for 90 seconds.
- It is OK to take breaks as needed.
- When your form becomes imperfect, STOP.

### Workout #1: Total Body Bootcamp

Do the following superset as many times as possible in 10-minutes. Rest 90 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Jumping Jacks](#) x :20 seconds, :10 second rest
- 1B) [Stickups](#) x :20 seconds, :10 second rest
- 1C) [Lying Hip Extensions](#) x :20 seconds, :10 second rest
- 1D) [Pushups](#) x :20 seconds, :10 second rest
- 1E) [Horse Reach](#) x :20 seconds, :10 second rest
- 1F) [Walking Lunges](#) x :20 seconds, :10 second rest

### Workout #2: Static Sweat Pool

Do the following superset as many times as possible in 10-minutes. Rest 90 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Wall Squat Hold](#) x :20 seconds, :10 second rest
- 1B) [Plank](#) x :20 seconds, :10 second rest
- 1C) [Lying Hip Extension](#) (hold in top position) x :20 seconds, :10 second rest

### Workout #3: Burpee Breakdown

Do the following superset as many times as possible in 10-minutes. Rest 90 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Bodyweight Squats](#) x :20 seconds, :10 second rest
- 1B) [Squat Thrusts](#) x :20 seconds, :10 second rest
- 1C) [Pushups](#) x :20 seconds, :10 second rest
- 1D) [Total Body Extensions](#) x :20 seconds, :10 second rest
- 1E) [Burpee](#) x :20 seconds, :10 second rest

### Workout #4: Super Hero Abs

Do the following superset as many times as possible in 10-minutes. Rest 90 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Superman](#) x :20 seconds, :10 second rest
- 1B) [Spiderman Climb](#) x :20 seconds, :10 second rest
- 1C) [Side Plank](#) x :20 seconds, :10 second rest
- 1D) [Mountain Climber](#) x :20 seconds, :10 second rest

### **15-Minute Endurance Builders**

- Set a timer for 15-minutes.
- Work at a comfortable pace for 20 seconds per exercise, then rest 10 seconds.
- At the end of the circuit, rest for 60 seconds.
- It is OK to take breaks as needed.
- When your form becomes imperfect, STOP.

#### **Workout #1: JPS (Jump, Push, Squat) Strength-Endurance**

Do the following superset as many times as possible in 15-minutes. Rest 60 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Jump Rope](#) x :20 seconds, :10 second rest
- 1B) [Close Grip Pushups](#) x :20 seconds, :10 second rest
- 1C) [Sumo Squats](#) x :20 seconds, :10 second rest

#### **Workout #2: Kettlebell Power-Endurance**

Do the following superset as many times as possible in 15-minutes. Rest 60 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Pushups](#) x :20 seconds, :10 second rest
- 1B) [Swings \(right hand\)](#) x :20 seconds, :10 second rest
- 1C) [Bent Over Rows](#) x :20 seconds, :10 second rest
- 1D) [Swings \(left hand\)](#) x :20 seconds, :10 second rest
- 1E) [Goblet Squats](#) x :20 seconds, :10 second rest

#### **Workout #3: Core Power-Endurance**

Do the following superset as many times as possible in 15-minutes. Rest 60 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Sumo Squats \(DB\)](#) x :20 seconds, :10 second rest
- 1B) [Uppercuts \(DB\)](#) x :20 seconds, :10 second rest
- 1C) [Woodchops \(DB\)](#) x :20 seconds, :10 second rest
- 1D) [Renegade Rows \(DB\)](#) x :20 seconds, :10 second rest

**Workout #4: Swing Power-Endurance**

Do the following superset as many times as possible in 15-minutes. Rest 60 seconds at the end of each circuit, then repeat. Take breaks as needed.

- 1A) [Swings \(two-hands\)](#) x :20 seconds, :10 second rest
- 1B) [Spiderman Climb](#) x :20 seconds, :10 second rest
- 1C) [Side Plank \(left side\)](#) x :20 seconds, :10 second rest
- 1D) [Hand to Hand Touch](#) x :20 seconds, :10 second rest
- 1E) [Side Plank \(right side\)](#) x :20 seconds, :10 second rest

## Exercise Library

### 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.





### **Burpee**

1. Stand with your feet shoulder-width apart.
2. Drop down onto your hands and feet, then thrust your feet back so you are in a pushup position. Thrust your feet back in and then stand up.
3. You can add a vertical jump at the end as well.









### **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.







### **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.



### **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.





### **Goblet Squat**

1. Stand with your feet just greater than shoulder-width apart.
2. Hold a dumbbell in a “cupped” position at chest height.
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. Don't let your lower back become rounded.
7. Push with your glutes, hamstrings, and quadriceps to return to the start position.







### **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.







### **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.





### 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





### **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.



### 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.









### **Prisoner Jump Squat**

1. Stand in the start position for the Prisoner Squat.
2. Squat down and jump forward as far as possible, keeping your hands behind your head.
3. Bend your knees when you land to absorb the force with your muscles.
4. As soon as you land, jump up again.





### 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.



### **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.



### Pushup 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.



### **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.



### 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.









### **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.





### **Split Squat**

1. Stand with your feet shoulder-width apart holding a pair of dumbbells (optional).
2. Step forward with your one leg, taking a slightly larger than normal step.
3. Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
4. Contract your glutes, brace your abs and keep your spine in a neutral position.
5. Lower your body until your front thigh is parallel to the ground.
6. Keep your upper body upright and your lower back flat.
7. Push up to the upright position, but don't step back. Stay in a split-squat stance.
8. Perform all reps for one leg and then switch.





### **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.











### **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.





**Sumo Squat with or without Kettle Bell**

1. Stand with your feet wide and your toes slightly angled out.
2. Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.

3. Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.







### 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.







**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.





### **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.





### **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.

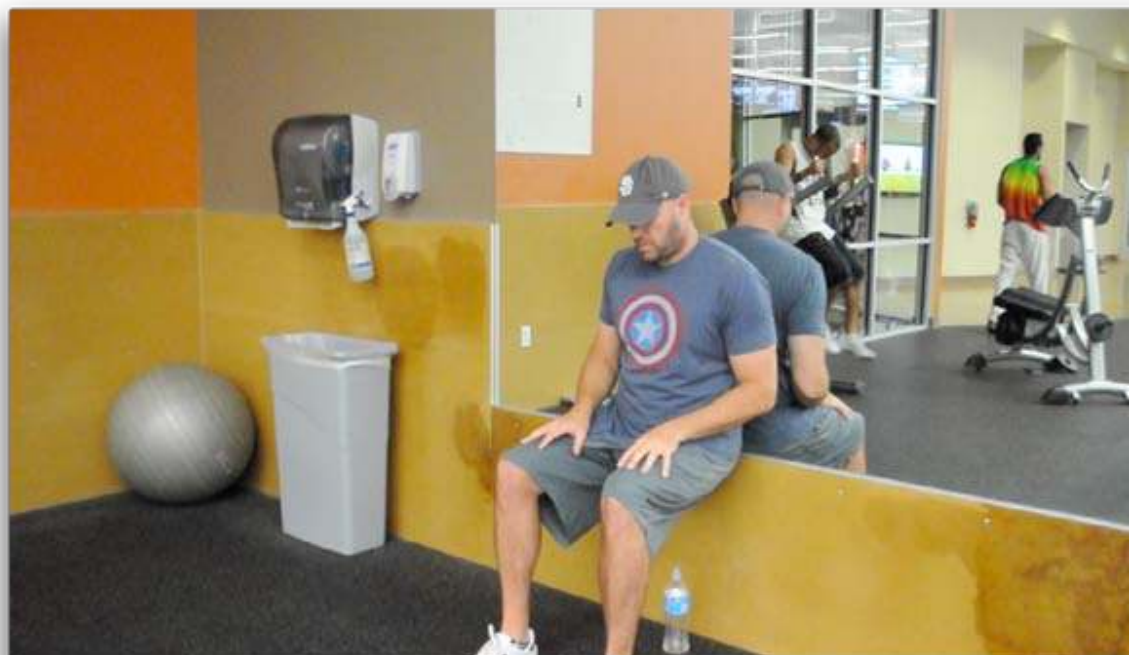




### Wall Squat

1. Keeping your back against the wall, slide down in the squat position with your feet just outside shoulder width apart.

2. Keep your abs braced and your back against the wall.





## 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.





## Jump Rope

1. Do the best you can! :)





## 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.

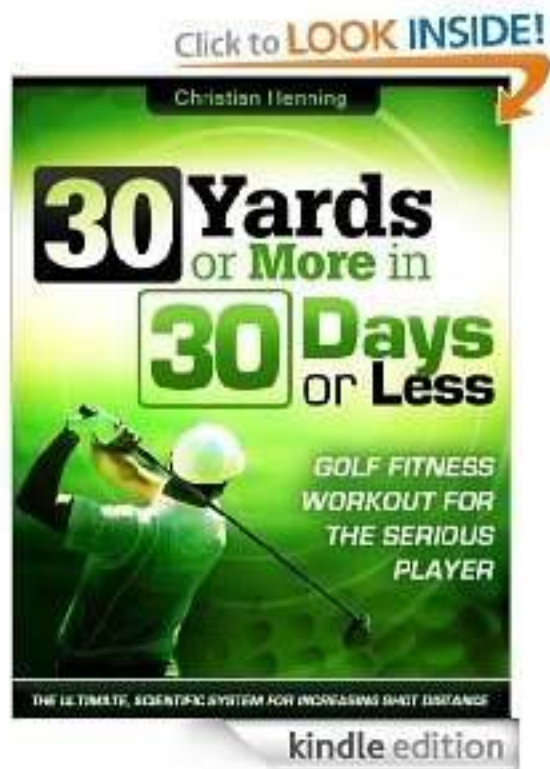
### LOWER YOUR SCORE WHILE BURNING FAT & BUILDING STAMINA

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: ==> <http://www.shedpoundstoshavestrokes.com>

- 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.

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- Dumbbells, Stability Ball, and a Chair are all you need.
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