

OTA : OFF-SEASON TRAINING ACADEMY

WEEK	CTG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PUTTING: SETUP & ALIGNMENT	WORKOUT A DISTANCE ASSMT	BODY ASSMT SCORING ASSMT	WORKOUT B GOAL SETTING	WALK 20 MINUTES DURABILITY	WORKOUT C NIGHT PUTTING	WALK 20 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 MEAL PREP
2	CHIPPING: SETUP & ALIGNMENT	WORKOUT A NIGHT PUTTING	WALK 20 MINUTES DURABILITY PRACTICE A	WORKOUT B NIGHT PUTTING	WALK 20 MINUTES DURABILITY PRACTICE B	WORKOUT C NIGHT PUTTING	WALK 20 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 MEAL PREP
3	PITCHING: SETUP AND ALIGNMENT	WORKOUT A NIGHT PUTTING	WALK 30 MINUTES DURABILITY PRACTICE A	WORKOUT B NIGHT PUTTING	WALK 30 MINUTES DURABILITY PRACTICE B	WORKOUT C NIGHT PUTTING	WALK 30 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 MID-TERM ASSMT
4	MID-IRON: SETUP & ALIGNMENT	WORKOUT A NIGHT PUTTING EQUIPMENT CHECK	WALK 30 MINUTES DURABILITY PRACTICE A	WORKOUT B NIGHT PUTTING	WALK 30 MINUTES DURABILITY PRACTICE B	WORKOUT C NIGHT PUTTING	WALK 30 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 MEAL PREP
5	LONG IRON: SETUP & ALIGNMENT	WORKOUT A NIGHT PUTTING	WALK 40 MINUTES DURABILITY PRACTICE A	WORKOUT B NIGHT PUTTING	WALK 40 MINUTES DURABILITY PRACTICE B	WORKOUT C NIGHT PUTTING	WALK 40 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 MEAL PREP
6	DRIVER: SETUP & ALIGNMENT	WORKOUT A NIGHT PUTTING	WALK 40 MINUTES DURABILITY PRACTICE A	WORKOUT B NIGHT PUTTING	WALK 40 MINUTES DURABILITY PRACTICE B	WORKOUT C NIGHT PUTTING	WALK 40 MINUTES HIP EMF PLAY / SIMULATOR	OFF DAY PLAY 18 FINAL ASSMT

NEXT: START FLATBELLY CHALLENGE TO KEEP PROGRESSING.



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.

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