

GOLF Fitness:

Shed Pounds to **Shave Strokes**

Workout A / Beginner			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout A (about 20-minutes)	Set 1	Set 2	
3A) T Squat x 12			
3B) Stick-up x 12			
4A) Single Leg Golf Posture Rotations x 8 each leg			
4B) Pushup x 12			
5A) Lying Hip Extension x 8			
5B) Plank on Elbows x 30 Seconds			
Interval Program A (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	3 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	7 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	7 of 10
Cool Down	5 Min	Cool	3 of 10

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Workout B / Beginner

Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout B (about 20-minutes)	Set 1	Set 2	
3A) Y Squat x 12			
3B) Cross Crawl x 12			
4A) Single Leg Cone Reach x 8 each side			
4B) Incline Pushups x 12			
5A) Floor Cobra x 8			
5B) Side Plank x 30 seconds hold each side			
Interval Program B (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	3 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	7 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	7 of 10
Cool Down	5 Min	Cool	3 of 10

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout C / Beginner			
Foam Rolling (7-Minutes)		Side 1	Side 2
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)		Set 1	
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout C (about 20-minutes)		Set 1	Set 2
3A) Prisoner Squat x 12			
3B) Kneeling or Regular Pushup x 15			
3C) Plank x 30 second hold			
3D) 1-Leg Hip Extension x 8 each leg			
3E) Side Plank x 30 second hold			
3F) Wall Squat x 30 Second hold			
3G) Horse Reach x 8 each side			
3H) Stick-up x 10			
Interval Program (Rest Day)			
<p>Play 9 Holes or Driving Range and Short Game practice. Aim for two hours of practice or play. If you play and are capable of walking the course, lighten your bag so that you have the bare essentials.</p> <p>If weather is not acceptable for golf, walking on a treadmill will work fine.</p>			

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Workout A / Intermediate			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout A (about 20-minutes)	Set 1	Set 2	Set 3
3A) DB Bench Press x 12			
3B) DB Bench Row x 12			
4A) DB Squat x 12			
4B) Single-Leg Dumbbell Curl x 8 each side			
5A) Stability Ball Leg Curl x 8			
5B) Plank on Elbows x 45 seconds			
Interval Program A (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	3 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	7 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	7 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	7 of 10
Cool Down	5 Min	Cool	3 of 10

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout B / Intermediate			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout B (about 20-minutes)	Set 1	Set 2	Set 3
3A) DB Step-Up to Balance			
3B) DB Woodchop x 8 each side			
4A) Walkout Pushups x 15			
4B) Cross Crawl x 15			
5A) Floor Cobra x 15			
5B) Side Plank x 45 seconds			
Interval Program B (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	3 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	8 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	8 of 10
Cool Down	5 Min	Cool	3 of 10

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout C / Intermediate			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout C (about 20-minutes)	Set 1	Set 2	Set 3
3A) Prisoner Squat x 20			
3B) Decline Pushup (feet on ball) x 15			
3C) Side Plank x 30 second hold			
3D) Stability Ball Hip Extension x 8 each leg			
3E) Ball Cobra (no weights) x 30 second hold			
3F) Wall Squat x 45 Second hold			
3G) Horse Reach x 12 each side			
3H) Squat Thrust (no pushup) x 8			
Interval Program (Rest Day)			
<p>Play 9 Holes or Driving Range and Short Game practice. Aim for two hours of practice or play. If you play and are capable of walking the course, lighten your bag so that you have the bare essentials.</p> <p>If weather is not acceptable for golf, walking on a treadmill will work fine.</p>			

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout A / Advanced			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout A (about 20-minutes)	Set 1	Set 2	Set 3
3A) Single-Leg Dumbbell Squat x 8 each side			
3B) DB Warrior Row x 12			
4A) DB Stability Ball Press x 12			
4B) DB Squat, Curl, Press x 12			
5A) Prone Twister With Stability Ball x 8 per side			
5B) Medicine Ball Slam x 12			
Interval Program A (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	4 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	9 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	9 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	9 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	9 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	9 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	9 of 10
Cool Down	5 Min	Cool	3 of 10

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout B / Advanced			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout B (about 20-minutes)	Set 1	Set 2	Set 3
3A) Reverse Lunge x 8 each leg			
3B) Lateral Plank with Pushup x 20			
4A) DB Curl, Press on One Leg x 8			
4B) Ball Superman x 10 (hold 10 seconds each rep)			
5A) Plank, legs on stability ball x 30 secs			
5B) Medicine Ball Oblique Throw x 10			
Interval Program B (about 20-minutes)	Time	Type	Intensity
Warm Up	3 Min	Warm	3 of 10
Warm Up	1 Min	Warm	5 of 10
Interval 1	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 2	30 Sec	Hard	8 of 10
Rest Interval	90 Sec	Easy	3 of 10
Interval 3	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 4	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 5	30 Sec	Hard	8 of 10
Rest Interval	90 sec	Easy	3 of 10
Interval 6	30 Sec	Hard	8 of 10
Cool Down	5 Min	Cool	3 of 10

GOLF Fitness: Shed Pounds to **Shave Strokes**

Workout C / Advanced			
Foam Rolling (7-Minutes)	Side 1	Side 2	
1A) Hamstrings :30 secs / side			
1B) Calves :30 secs / side			
1C) Quads :30 secs / side			
1D) IT Band :30 secs / side			
1E) Hip Flexors :30 secs / side			
1F) Low Back :30 secs / side			
1G) Upper Back :30 secs / side			
Warm-Up (5-Minutes)	Set 1		
2A) Torso Twists :60 seconds			
2B) Side Bends :60 seconds			
2C) Inchworms :60 seconds			
2D) Superman Reaches :30 seconds			
2E) Bodyweight Squats :60 seconds			
2F) Straight Up Sit up :30 seconds			
Workout C (about 20-minutes)	Set 1	Set 2	Set 3
3A) Bodyweight Squat x 30			
3B) Incline Pushup (hands on ball) x 20			
3C) Plank x 60 second hold			
3D) 1-Leg Hip Extension (foot on ball) x 8 each leg			
3E) Ball Cobra (no weights) x 30 second hold			
3F) Wall Squat Hold x 45 Second hold			
3G) Ball Jack Knife x 15			
3H) Squat Thrust w/Pushup x 8			
Interval Program (Rest Day)			
<p>Play 9 Holes or Driving Range and Short Game practice. Aim for two hours of practice or play. If you play and are capable of walking the course, lighten your bag so that you have the bare essentials.</p> <p>If weather is not acceptable for golf, walking on a treadmill will work fine.</p>			

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Stretch and Recovery / Beginner

Mobility

Set 1

1) Three Plane Neck :30 seconds	
2) Shoulder Circles :30 seconds	
3) Fist Exercise :30 seconds	
4) Wrist Rotations :30 seconds	
5) Elbow Circles :30 seconds	
6) Egyptian :30 seconds	
7) Arm Circles :30 seconds	
8) Hula Hoop :30 seconds	
9) Ankle Circles :30 seconds	
10) Knee Circles :30 seconds	

Flexibility

Set 1

1) Toe Hang :30 seconds	
2) Cobra :30 seconds	
3) Spine Rotation w/ Club :30 seconds	
4) Head Turner :30 seconds (each side)	
5) Headache Buster :30 seconds (each side)	
6) Chest Stretch 1 :30 seconds (each side)	
7) Chest Stretch 2 :30 seconds (each side)	
8) Backswing Angel :30 seconds	
9) Wrist Flexion :30 seconds (each side)	
10) Shoulder Stretch :30 seconds (each side)	
11) Kneeling Hip Flexor :30 seconds (each side)	
12) Piriformis :30 seconds (each side)	
13) Seated Groin Stretch :30 seconds (each side)	
14) Calf Stretch :30 seconds (each side)	

Interval Program (Rest Day)

Light activity (golf) or rest.