

Get Golf Fit

30 Yards **30** Days
or More in or Less

Beginner Workout A (44-minutes)

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists		:60		
1B) Side Bends		:60		
1C) Inchworms		:60		
1D) Superman Reaches		:30		
1E) Bodyweight Squats		:60		
1F) Straight Up Sit Up		:30		
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings		:60		
2B) Calves		:60		
2C) Quads		:60		
2D) IT Band		:60		
2E) Hip Flexors		:60		
2F) Low Back		:60		
2G) Upper Back / Traps		:60		
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Single Leg Reaching Lunge :30 per side				
3B) Kneeling on Stability Ball :30				
3C) Scorpion :30				
4A) Dumbbell Woodchop :30 per side				
4B) Prisoner Squat : 30				
4C) Plank :30				
5A) Stability Ball Leg Curl :30				
5B) Bicycle Crunch :30				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch		:30	:30	
6B) Standing Hamstring		:30	:30	
6C) Butterfly		:30	:30	
6D) Psoas		:30	:30	
6E) Cobra		:30	:30	
6F) Downward Dog		:30	:30	
6G) Pigeon		:30	:30	
6H) Child's Pose		:30	:30	

Beginner Workout B

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists	:60			
1B) Side Bends	:60			
1C) Inchworms	:60			
1D) Superman Reaches	:30			
1E) Bodyweight Squats	:60			
1F) Straight Up Sit Up	:30			
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings	:60			
2B) Calves	:60			
2C) Quads	:60			
2D) IT Band	:60			
2E) Hip Flexors	:60			
2F) Low Back	:60			
2G) Upper Back / Traps	:60			
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Address Position Rotations :30 each leg				
3B) Backward Lunge :30 each leg				
3C) Warrior Row :30 each leg				
4A) Playo Squat Reach :30				
4B) Boat Pose :30				
4C) Pushup w/Feet on Stability Ball :30				
5A) Straight Up Sit Ups :30				
5B) Sergio Garcia's :30				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch	:30	:30		
6B) Standing Hamstring	:30	:30		
6C) Butterfly	:30	:30		
6D) Psoas	:30	:30		
6E) Cobra	:30	:30		
6F) Downward Dog	:30	:30		
6G) Pigeon	:30	:30		
6H) Child's Pose	:30	:30		

Beginner Workout C

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists	:60			
1B) Side Bends	:60			
1C) Inchworms	:60			
1D) Superman Reaches	:30			
1E) Bodyweight Squats	:60			
1F) Straight Up Sit Up	:30			
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings	:60			
2B) Calves	:60			
2C) Quads	:60			
2D) IT Band	:60			
2E) Hip Flexors	:60			
2F) Low Back	:60			
2G) Upper Back / Traps	:60			
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Arnold Palmer Press :30				
3B) Tubing Rows :30				
3C) Prisoner Squat :30				
4A) Standard Pushup :30				
4B) Tubing Side Rotations : 30 per side				
4C) Prisoner Lunge :30				
5A) Around the World :30				
5B) DB Push Press :30				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch	:30	:30		
6B) Standing Hamstring	:30	:30		
6C) Butterfly	:30	:30		
6D) Psoas	:30	:30		
6E) Cobra	:30	:30		
6F) Downward Dog	:30	:30		
6G) Pigeon	:30	:30		
6H) Child's Pose	:30	:30		

Advanced Workout A

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists	:60			
1B) Side Bends	:60			
1C) Inchworms	:60			
1D) Walking Lunge	:30			
1E) Walkout Pushups	:60			
1F) Superman Reaches	:30			
1G) Bodyweight Squats	:30			
1H) Yoga Table	:60			
1I) Straight Up Situp	:30			
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings	:60			
2B) Calves	:60			
2C) Quads	:60			
2D) IT Band	:60			
2E) Hip Flexors	:60			
2F) Low Back	:60			
2G) Upper Back / Traps	:60			
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Single Leg Reaching Lunge :30 per side				
3B) Prisoner Lunge :30				
3C) Lateral Plank with Pushup :30				
4A) Dumbbell Woodchop :45 per side				
4B) Prone Twister on Stability Ball : 45				
4C) Single Leg Stability Ball Curl :45 each leg				
5A) Horse Reach :60 each side				
5B) Side to Side Lower Rotation :60				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch	:30	:30		
6B) Standing Hamstring	:30	:30		
6C) Butterfly	:30	:30		
6D) Psoas	:30	:30		
6E) Cobra	:30	:30		
6F) Downward Dog	:30	:30		
6G) Pigeon	:30	:30		
6H) Child's Pose	:30	:30		

Advanced Workout B

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists	:60			
1B) Side Bends	:60			
1C) Inchworms	:60			
1D) Walking Lunge	:30			
1E) Walkout Pushups	:60			
1F) Superman Reaches	:30			
1G) Bodyweight Squats	:30			
1H) Yoga Table	:60			
1I) Straight Up Situp	:30			
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings	:60			
2B) Calves	:60			
2C) Quads	:60			
2D) IT Band	:60			
2E) Hip Flexors	:60			
2F) Low Back	:60			
2G) Upper Back / Traps	:60			
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Single Leg Rotations :30 each leg				
3B) Lunge with Knee Raise :30 each leg				
3C) Warrior Row Press :30				
4A) 1 Leg Plyo Squat Reach :45 each leg				
4B) Over Under / Boat :45				
4C) Lateral Plyo Pushup :45				
5A) Russian Twists :60				
5B) Sergio Garcia's :60				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch	:30	:30		
6B) Standing Hamstring	:30	:30		
6C) Butterfly	:30	:30		
6D) Psoas	:30	:30		
6E) Cobra	:30	:30		
6F) Downward Dog	:30	:30		
6G) Pigeon	:30	:30		
6H) Child's Pose	:30	:30		

Advanced Workout C

Warm-Up (5-Minutes)		Set 1		
1A) Torso Twists	:60			
1B) Side Bends	:60			
1C) Inchworms	:60			
1D) Walking Lunge	:30			
1E) Walkout Pushups	:60			
1F) Superman Reaches	:30			
1G) Bodyweight Squats	:30			
1H) Yoga Table	:60			
1I) Straight Up Situp	:30			
Foam Rolling (7-minutes)		Set 1		
2A) Hamstrings	:60			
2B) Calves	:60			
2C) Quads	:60			
2D) IT Band	:60			
2E) Hip Flexors	:60			
2F) Low Back	:60			
2G) Upper Back / Traps	:60			
Workout A (24-minutes)		Set 1	Set 2	Set 3
3A) Snowmans (Figure Eights) :30				
3B) Tubing Rows :30				
3C) Prisoner Diagonal Lunge :30				
4A) Pushup :45				
4B) Tubing External Rotations :45 each arm				
4C) Prisoner Squat :45				
5A) Shoulder Fly's with Band :60				
5B) Lunge with Medicine Ball Twist :60				
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2	
6A) Shoulder Stretch	:30	:30		
6B) Standing Hamstring	:30	:30		
6C) Butterfly	:30	:30		
6D) Psoas	:30	:30		
6E) Cobra	:30	:30		
6F) Downward Dog	:30	:30		
6G) Pigeon	:30	:30		
6H) Child's Pose	:30	:30		

Stretch and Recovery	
Mobility	Set 1
1A) Three Plane Neck :30 seconds	
1B) Shoulder Circles :30 seconds	
1C) Fist Exercise :30 seconds	
1D) Wrist Rotations :30 seconds	
1E) Elbow Circles :30 seconds	
1F) Egyptian :30 seconds	
1G) Arm Circles :30 seconds	
1H) Hula Hoop :30 seconds	
1I) Ankle Circles :30 seconds	
1J) Knee Circles :30 seconds	
Flexibility	Set 1
2A) Toe Hang :30 seconds	
2B) Cobra :30 seconds	
2C) Spine Rotation w/ Club :30 seconds	
2D) Head Turner :30 seconds (each side)	
2E) Headache Buster :30 seconds (each side)	
2F) Chest Stretch 1 :30 seconds (each side)	
2G) Chest Stretch 2 :30 seconds (each side)	
2H) Backswing Angel :30 seconds	
2I) Wrist Flexion :30 seconds (each side)	
2J) Shoulder Stretch :30 seconds (each side)	
2K) Kneeling Hip Flexor :30 seconds (each side)	
2L) Piriformis :30 seconds (each side)	
2M) Seated Groin Stretch :30 seconds	
2N) Downward Facing Dog :30 seconds	
Interval Program (Rest Day)	
Light activity (golf) or rest.	