

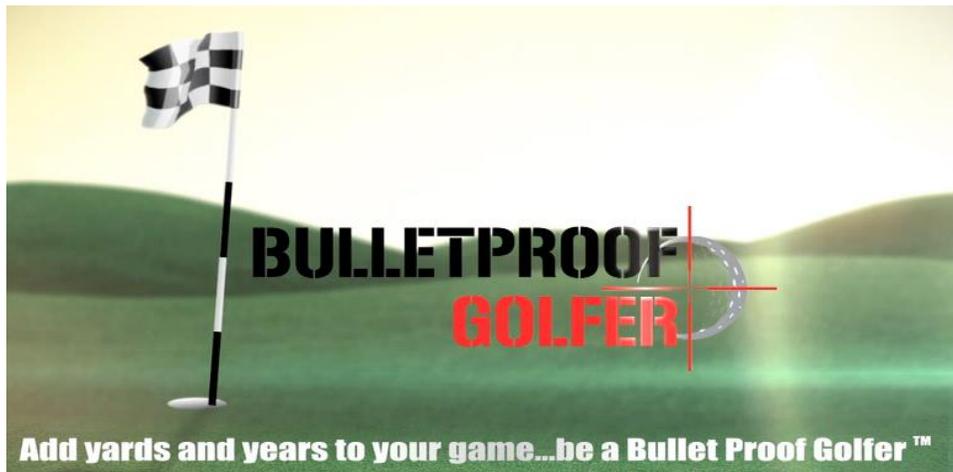
BULLET PROOF GOLFER WORKOUTS

3 Sessions a Week / 20 Minute Sessions

Designed By:



Brought to you by:



Weeks 1-4	Day 1	Click Here To Watch Exercises
10 min	Foam Roll legs	
3x45 seconds each side	Hip Internal Rotation Stretch	
3x20	Chops High To Low	

Weeks 1-4	Day 2	Click Here To Watch Exercises
10 min	Foam Roll upper body (tspine and lats)	
3x each side	Trunk Twist and Tilt	
3x20	Chops low To high	

Weeks 1-4	Day 3	Click Here To Watch Exercises
10 min	Foam Roll (<i>Your Choice For What Feels Tight</i>)	
3x45 seconds each side	Neck Rotation Stretch	
3x20	1/2 kneel (<i>in straight line if possible</i>) rotations	

Now On To Phase 2 – Weeks 5-8!

WEEKS 5-8	Day 1	Click Here To Watch Exercises
10 min	Foam Roll legs	
3x45 seconds each side	1/2 kneel hip flexion stretch	
3x20	alternate arm chest press, golf posture, rotate trunk with press and keep hips steady	

Weeks 5-8	Day 2	Click Here To Watch Exercises
10 min	Foam Roll Upper Body	
3x45 seconds each side	Door Way Chest Stretch	
3 x 15 Each Side	Heisman step ups with med ball	

Weeks 5-8	Day 3	Click Here To Watch Exercises
<p>10 min</p>	<p>Foam Roll (Your Choice to work on tight areas)</p>	
<p>3 x 45 Seconds Each Side</p>	<p>Calf stretch Knee straight/bent</p>	
<p>3 x15</p>	<p>alternate arm row, golf posture, rotate trunk with pull and keep hips steady</p>	

Now On To Phase 3 – Weeks 9-12!

Weeks 9-12	Day 1	Click Image To Watch
10 min	Foam Roll legs	
3x45 seconds each side	<ul style="list-style-type: none"> • Your Choice of stretch • Work on what feels tight 	
2x40	Plank elbow to opposite knee touches	

Weeks 9-12	Day 2	Click Image To Watch
10 min	Foam Roll upper body (tspine and lats)	
3 Minutes No Rest	Walking luge with twist dynamic warmup	
3 x 20	Squat with rotation at top with med ball or band	

Weeks 9-12	Day 3	Click Image To Watch
<p>10 min</p>	<p>Foam Roll Your Choice to Work On What Feels Tight</p>	
<p>3x45 seconds each side</p>	<p>Stork turns keep trunk still</p>	
<p>3x8 each arm</p>	<p>Push up position single alternating arm rows</p>	