

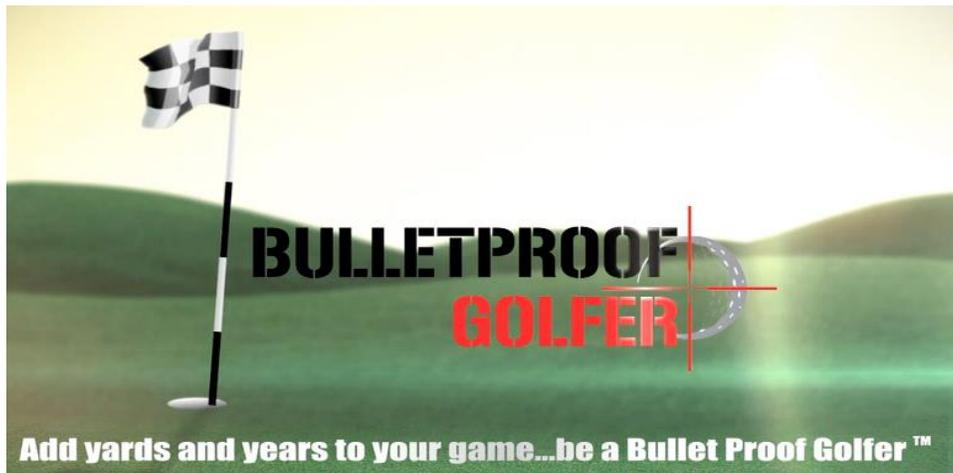
BULLET PROOF GOLFER WORKOUTS

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	
3 x 30 Seconds Each Side	Hip Internal Rotation Stretch	
3 x 15 each side	Chops High To Low	
2 laps (20 steps each directions)	Sideways abduction walk	
50	supine alternating leg lifts	

Weeks 1-4	Day 2	Click Here To Watch Exercises
10 min	Foam Roll upper body (tspine and lats)	
3x30 seconds each side	Trunk Twist and Tilt	
3x15 each direction	Chops Low To high	
3x15	Lawnmower pulls in golf posture	
1x30	sit up / v-up	

Weeks 1-4	Day 3	Click Here To Watch Exercises
10 min	Foam Roll (Your Choice For What Feels Tight)	
3x30 seconds each side	Neck Rotation Stretch	
3x15 each direction	1/2 kneel (in straight line if possible) rotations	
3x20	Single leg bridge	
2 x 50	Russian v-twists	

Now On To Phase 2 – Weeks 5-8!

Weeks 5-8	Day 1	Click Here To Watch Exercises
10 min	Foam Roll legs	
3x30 seconds each side	1/2 kneel hip flexion stretch	
3x15 each direction	alternate arm chest press, golf posture, rotate trunk with press and keep hips steady	
3 laps (20 steps each direction)	sideways abduction walk with opposite trunk rotation	
2x30	plank with toe taps	

Weeks 5-8	Day 2	Click Here To Watch Exercises
10 min	Foam Roll Upper Body	
3x30 seconds each side	Door Way Chest Stretch	
3x15 each direction	Heisman step ups with med ball	
3x10	speed single arm pulls <i>(emphasize hip explosion first by using heavier resistance)</i>	
2 x 30	Plank with opposite elbow/knee touches	

Weeks 5-8	Day 3	Click Here To Watch Exercises
10 min	Foam Roll (Your Choice to work on tight areas)	
3x30 seconds each side	Calf stretch Knee straight/bent	
2x20	alternate arm row, golf posture, rotate trunk with pull and keep hips steady	
2x20	single leg get up/sit down from chair (harder) or single leg golf swing(easier) either way focus on hips level and no knee valgus	
3x10 lifts each side	Side plank with leg lift	

Now On To Phase 3 – Weeks 9-12!

Weeks 9-12	Day 1	Click Here To Watch Exercises
10 min	Foam Roll legs	
3 x 45 seconds each side	Your Choice of stretch Work on what feels tight	
2x30	Plank elbow to opposite knee touches	
3 x 15 each side	Supine on physioball 1 arm chest fly	
3 X 8 Each Side	Athletic Sequence OR Power med ball rotation throws against wall if possible	

Weeks 9-12	Day 2	Click Here To Watch Exercises
10 min	Foam Roll upper body (tspine and lats)	
3 Minutes No Rest	Walking luge with twist dynamic warmup	
3 x 15 each side	Squat with rotation at top with med ball or band	
3 x 30	Kneeling with pelvic neutral and rotating side to side for speed with focus on maintaining lower body stable (resistance if able)	
3 x 6 Each Side	power med ball drives overhead into ground (side to side for variation)	

Weeks 9-12	Day 3	Click Here To Watch Exercises
10 min	Foam Roll Your Choice to Work On What Feels Tight	
3x30 seconds each side	Stork turns keep trunk still	
3 x 10 each side if possible	Push up position single alternating arm rows	
4x8 each direction	180 deg jumps (harder) or side to side hops (easier) focused on stable knee and increasing distance	
2 x 20	stability pushups with hand on inverted Bosu and feet on Physioball (add a pike between reps for increased difficulty)	