

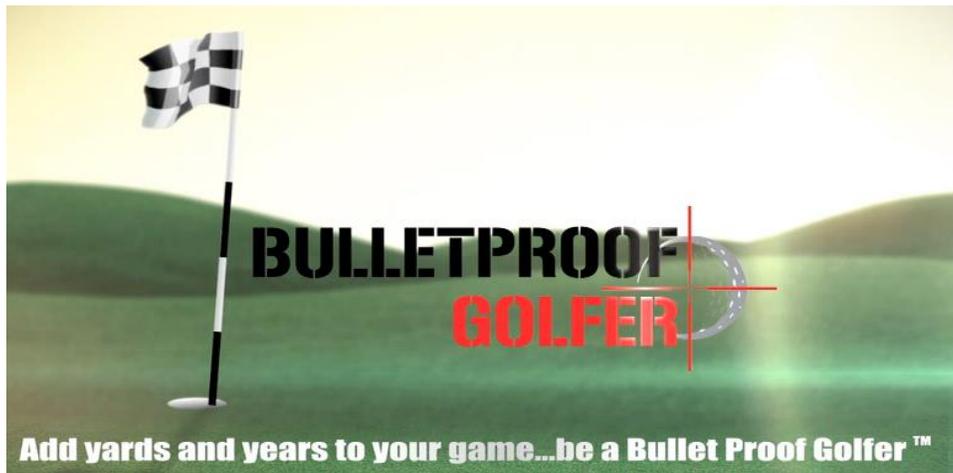
BULLET PROOF GOLFER WORKOUTS

3 Sessions a Week / 20 Minute Sessions

Designed By:



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4 Sessions a Week / 45 Minute Sessions

Weeks 1-4	Day 1	Click Here To Watch The Exercises
10 min	Foam Roll legs	
3x30 seconds each side	Hip Internal Rotation Stretch	
3x15 each direction	Chops High To Low	
2 laps (20 step each direction)	Sideways abduction walk	
2x20	quadruped fire hydrant	
2x20	supine alternating leg lifts	
3x10	Standing single leg squats focused on no valgus or trendelenburg	

Weeks 1-4	Day 2	Click Here To Watch The 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	
3x10	quadruped glute kick outs against band with opposite hand lift if possible	
1x30	sit up / v-up	
2x20 each side	hip hikes for glute med	

Weeks 1-4	Day 3	Click Here To Watch The Exercises
10 min	Foam Roll (<i>Your Choice For What Feels Tight</i>)	
3x30 seconds each side	Neck Rotation Stretch	
3x15 each direction	1/2 kneel (<i>in straight line if possible</i>) rotations	
3x20	Single leg bridge	
3x30	sitting on physioball alternating marching keep head still	
2x50	Russian v-twists	
2x15 each	shoulder T-Y-W	

Weeks 1-4	Day 4	Click Here To Watch The Exercises
10 min	Foam Roll (<i>Your Choice For What Feels Tight</i>)	
3x30 seconds each side	Hip External Rotation Stretch	
3x15 each direction	Standing torso rotations elbows locked into sides and in golf posture	
3x20	squat with stand to row	
3x10 each side	sitting on physioball, 1 leg up (if possible), curl press	
2x50	supine alternating ankle touches keep shoulder blades off ground	
2x15 each arm	PNF single arm patterns in golf posture	

Weeks 5-8	Day 1	Click Here To Watch The 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	
3x15	1/2 kneel straight line 1 arm shoulder press	
2x30	plank with toe taps	
2x15	sit up with med ball toss or rotation	

Weeks 5-8	Day 2	Click Here To Watch The 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>)	
2x20	1/2 kneel straight line chops	
2x30	Plank with opposite elbow/knee touches	
3x30 seconds	side to side hops (<i>focus on stability of knee upon landing</i>)	

Weeks 5-8	Day 3	Click Here To Watch The Exercises
10 min	Foam Roll (Your Choice to work on tight areas)	
3x30 seconds each side	Calf stretch Knee straight/bent	
3x15 each direction	alternate arm row, golf posture, rotate trunk with pull and keep hips steady	
2x20	single leg stand up/sit down from chair (harder) or single leg golf swing(easier) either way focus on hips level and no knee valgus	
3x15	Golf Posture Rows with dumbbells	
3x10 lifts each side	sideplank with leg lift	

2x10	prone with feet on physioball walkouts and back (add side to side for advanced)	
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Weeks 5-8	Day 4	Click Here To Watch The Exercises
10 min	Foam Roll (<i>Your Choice to work on tight areas</i>)	
3x30 seconds each side	Hamstring Stretch	
3x15 each direction	in golf posture, 1 arm pull across chest, other pushes	
3 minutes	Hip hinge drill	
3x12	Single leg RDL	
2x20	supine windshield wipers	

3x8	hang pull drill	
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Weeks 9-12	Day 1	Click Here To Watch The Exercises
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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	
3x15 each side	Supine on physioball 1 arm DB chest fly	
3x15 each leg	single leg 3 directional reach	
3x8 each side	Athletic Sequencing Drill OR - Power med ball rotation throws against wall	

2x5 each side

Run and Gun



Weeks 9-12	Day 2	Click Here To Watch The Exercises
10 min	Foam Roll upper body (tspine and lats)	
3 minutes no rest	Walking luge with twist dynamic warmup	
3x15 each side	Squat with rotation at top with med ball or band	
3x30	Kneeling with pelvic neutral and rotating side to side for speed with focus on maintaining lower body stable (resistance if able)	
2x20	single leg squat with shoulder flex/and alternating on reps	
3x6 each side	Power med ball drives overhead into ground (side to side for variation)	
3x8	Caveman Throws OR Kettlebell Swings	

Weeks 9-12	Day 3	Click Here To Watch The Exercises
10 min	Foam Roll Your Choice to Work On What Feels Tight	
3x30 seconds each side	Stork turns keep trunk still	
3x10	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	
3x10 each side	single leg RDL with rotation to touch outside of ankle of leg on ground	
2x20	stability pushups with hand on inverted Bosu and feet on Physioball (add a pike between reps for increased difficulty)	
2x8 each side	Shotput throws	

Weeks 9-12	Day 4	Click Here To Watch The Exercises
10 min	Foam Roll Your Choice to Work On What Feels Tight	
3x30 seconds each side	golfer's choice stretch	
3x8	Supine on physioball single arm chest press	
3x20	supine on physioball, single leg bridging alternate lifting legs	
3x20	Kettlebell Swings	
2x20	Single leg overhead pass and around the world	
3x20	Bosu Squats	