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Strength For Golfers Phase 3 - Day 1

Circuit 1:

½ Kneeling Trunk Rotation w/Oblique Stretch 2 x 2 Each Side
Seated Hip Separation w/IR/ER 2 x 10 Each Side
Shoulder 90/90 Rotator Smash 2 x 10 Each Side
Band/Stick Shoulder Flexion 2 x 30"

Circuit 2:

Scorpion Stretch 2 x 3 Each
90/90 Hip Switch 2 x 8 *(Note: each, hands on floor for support behind if necessary, slow and controlled)*
Couch Stretch 2 x 30"

Circuit 3:

Goblet Squat 4 x 5 *(Note: Must go heavy!! You can do a barbell back squat or squat if you like, if you do not have weights, body weight is also fine)*
Rest 4 x 2 Minutes *(Note: Must rest 2 minutes before jump squats)*
Jump Squat 4 x 3

Circuit 4:

Cable WoodChoppers 4 x 5 *(Note: Each Side - Must go heavy!)*
Rest 4 x 2 Minutes *(Note: Must rest 2 minutes before cable core lift)*
Cable Core Lift 4 x 5

Circuit 5:

Rear Foot Elevated Split Squat 3 x 10 Each
Chin Ups 3 x 8 *(Note: 1 arm pulldown or superman lat pulls)*
Side Plank Knee to Elbow 3 x 10 Each

Circuit 6:

Dumbbell Single Leg RDL 3 x 8 Each
DB 1 Arm Bench Press 3 x 10 Each *(Note: If no equipment, push ups work too)*
Extended High Plank 3 x 30"

