



8610 North 32nd St. • PO Box 641 • Richland, MI 49083 • [269] 743-2277
www.AMWellnessCoaching.com

Strength For Golfers Phase 1 - Day 2 (With Equipment)

Circuit 1:

Shoulder Reach Under Stretch 3x1 @ 30 seconds

Shoulder Reach, Roll, and Lift 3x6

Kettlebell Turkish Get-Up 3x3 *(Note: Perform with no weight)*

Cable Hip Adductors 3x10 *(Note: You can use a band or cable machine)*

Circuit 2:

Goblet Squat 3x8

Note: You can perform with NO weight. Tempo for this movement is 3 sec on the way down)

Alternating Dumb Bell Bench Press 3x2

(Note: Tempo for this movement is 2 sec on the way down)

Standing Core Lift 3x8

(Note: You can use a band or a cable machine for this movement)

Circuit 3:

Glute L-Lift 3x10

Anti Rotation Plank 3x1 @ 20 seconds

Chin Up 3x5

