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Strength For Golfers Phase 1 - Day 2 (Without 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)*

Adductor ISO Squeeze 3x2 @ 20 seconds

(Note: rest 30 sec between reps. Use a pillow if you do not have a foam roller)

Circuit 2:

Goblet Squat 3x8 (You can perform with NO weight. Tempo for this movement is 4 sec on the way down)

Feet On Bench Push Ups 3x5

Standing Core Lift 3x8 (Note: You can use a band for this movement)

Circuit 3:

Glute L-Lift 3x10

Anti Rotation Plank 3x1 @ 20 seconds

Chin Up 3x5

