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Strength For Golfers Phase 1 - Day 3 (With Equipment)

Circuit 1:

1/2 Kneeling Trunk Rotation With Oblique Stretch 2x4
Back to Wall Shoulder Flexion 2x10
Adductor Side Plank 2x1 @ 15 seconds

Circuit 2:

Upper Half Dissociation in Box Hip Stretch Position 2x3
90/90 Lying Side Pullbacks With Reach 2x5
Disassociation Hamstring Stretch 2x4
90/90 Hip Switch 2x8

(Note: each, hands on floor for support behind if necessary, slow and controlled)

Circuit 3:

DB Reverse Lunge 3x12
1 Arm Curl to Push Press 3x10
Cable WoodChoppers 3x10

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

Plank Row 3x8

Circuit 4:

D1. KB Swing 3x4
D2. Banana Boat 3x8 *(Note: each way)*
D3. 1 arm 1 Leg Cable Row 2x8
D4. High Plank Shoulder Tap 2x10 *(Note: each side)*

