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Strength For Golfers Phase 1 - Day 3 (Without 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:

Dumb Bell Reverse Lunge 3x12 *(Note: Perform with no weight)*
Cable WoodChoppers 3x10 *(Note: You can use a band for this movement.)*
High Plank Shoulder Taps 3x10

Circuit 4:

Glute Bridge Walkout 3x4
Banana Boat 3x8 *(Note: each way)*
3 Cone Touch 3x5 *(Note: You can use anything for a target, doesn't need to be a "cone")*

