



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

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

### **Circuit 1:**

90/90/90 3 x 1 @ 15 Seconds Each  
Hip Airplanes 3 x 10  
90/90 Hip Switch 3 x 8  
Isometric Flyer Hold 3 x 1 @ 20 Seconds

### **Circuit 2:**

Hamstring Toe Sweep 3 x 5 Each  
War Bar Shoulder Mobility 3 x 8 Each  
Open Books 3 x 5 Each

### **Circuit 3:**

Goblet Squat 3 x 12  
(note: 3 second hold in the bottom position)  
3 Way Push Up 3 x 5 Each  
Manual Resistance WoodChoppers 3 x 5  
(note: hold each rep for 3 seconds)

### **Circuit 4:**

Towel Isometric Glute Bridge 3 x 2 @ 5 seconds  
Dynamic Side Plank 3 x 10  
War Bar Hip Hinge 3 x 10  
(note: war bar on length of spine, hinge at hips)

### **Circuit 5:**

Towel Isometric Split Squat 1 @ 5 seconds  
Pull Up 3 x 5  
Glute Leg Lift 3 x 10 Each

