**Golf off-season workout 1**

**Do 2 x week with 1-2 days in between**

**3 x 10 of each exercise from each category**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills, arm circles

Choose 3 exercises

Squat with overhead press (squat jerks)

Dumbbell sumo squat

Hang Cleans

RDL

Deadlift

Bulgarian split squat

Step box – forward

Med ball lunge twist

Lateral shuffles with band

Choose 2 exercises

Upright row

Angle bar push press

Elastic band Y, T, L, W exercises

Choose 4 ab/core exercises – 2 x 30-60 seconds each

Use the programs on the bulletin board

* Core Stability Exercises
* Core Mobility Series
* FHS mobility exercises

Golf flexibility program

* FHS static stretching program on the bulletin board
* Program below

**Golf off-season workout 2**

**Do 2 x week with 1-2 days in between**

**3 x 10 of each exercise from each category**

Choose 2 exercises

Bench Press – dumbbells

Incline bench press – dumbbells

Pushups (any variation)

Cable chest press

Flys

Choose 2 exercises

Lat pulls

Rows

Cable rows

Pullups

Supine pullups

Reverse Flys

Choose 4 ab/core exercises – 2 x 30-60 seconds each

Use the programs on the bulletin board

* Core Stability Exercises
* Core Mobility Series
* FHS mobility exercises

Golf flexibility program

* FHS static stretching program on the bulletin board
* Program below