MONTH ONE STRENGTH PROGRAM: PROGRAM 1





	INCLINE PUSH UP	1 SET	10 REPS
WARM UP	CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
	INCH WORM	1 SET	6 REPS
	BODY WEIGHT SQUAT	1 SET	10 REPS
	LEG SWING	1 SET	10 REPS EACH SIDE
	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
FUNCTION	KNEE BAND CRAB WALKS	2 SETS	20 METERS
	ONE ARM PUSH UP ON WALL	2 SETS	8 REPS EACH SIDE
	GOBLET SQUAT	2 SETS	12 REPS
STRENGTH	DUMBBELL BENCH PRESS	2 SETS	12 REPS
UIIILIVUIII	ONE ARM DUMBBELL REVERSE LUNGE	2 SETS	10 REPS
	DUMBBELL BENT OVER ROW	2 SETS	12 REPS
CORE	BACK HYPEREXTENSIONS - ARMS	2 SETS	12 REPS
	PRONE HOLD ON HANDS 1 LIMB SWITCH	2 SETS	45 SECONDS
	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
	KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
	STAND ON FINGERS	1 SET	30 SECONDS
	WIDE STANCE WALKAROUND	1 SET	30 SECONDS
	CALF STRETCH	1 SET	30 SECONDS EACH SIDE
	STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
	SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
	CROSS LEG	1 SET	30 SECONDS EACH SIDE

MONTH	ONE STRENGTH PROGRAM: PR	OGRAM 2	GOLF FILMO
WARM UP	DISLOCATES	1 SET	10 REPS
	BODY WEIGHT SQUAT	1 SET	10 REPS
	INCH WORM	1 SET	6 REPS
	INCLINE PUSH UP	1 SET	10 REPS
	CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
	LEG SWING	1 SET	10 REPS EACH SIDE
	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
FUNCTION	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
	ANKLE BAND CRAB WALKS	2 SETS	20 METERS
TONOTION	CABLE STRAIGHT ARM PULL DOWN	2 SETS	8 REPS EACH SIDE
STRENGTH	BARBELL HIP THRUST	2 SETS	12 REPS
	OVERHAND PULL UP	2 SETS	10 REPS
	BULGARIAN SPLIT SQUAT	2 SETS	10 REPS EACH SIDE
CORE	DUMBBELL SHOULDER PRESS	2 SETS	12 REPS
	DANCING BUG	2 SETS	8 REPS EACH SIDE
	PALLOF PRESS	2 SETS	10 REPS EACH SIDE
	KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
MOBILITY	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
	STAND ON FINGERS	1 SET	30 SECONDS
	WIDE STANCE WALKAROUND	1 SET	30 SECONDS
	CALF STRETCH	1 SET	30 SECONDS EACH SIDE
	STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
	SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
	CROSS LEG	1 SET	30 SECONDS EACH SIDE

FORWARD LUNGE WITH ROTATION - ARMS OUT 1 SET 6 REPS EACH SIDE INCH WORM 1 SET 10 REPS EACH SIDE CABLE ONE ARM ROW 1 SET 10 REPS EACH SIDE BODY WEIGHT SQUAT 1 SET 10 REPS EACH SIDE INCLINE PUSH UP 1 SET 10 REPS EACH SIDE DISLOCATES 1 SET 10 REPS EACH SIDE LYING GLUTE BRIDGE FOOT UP 2 SETS 30 SECONDS EACH SIDE SEMI HANDSTAND HOLD 2 SETS 30 SECONDS EACH SIDE DUMBBELL LATERAL LUNGE 2 SETS 10 REPS EACH SIDE DUMBBELL LATERAL LUNGE 2 SETS 10 REPS EACH SIDE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE UNSTABLE LYING TURN OVER 2 SETS 10 REPS EACH SIDE UNSTABLE LYING TURN OVER 2 SETS 10 REPS EACH SIDE SEACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM SECONDS EACH SIDE STRAIGH	MONTH	ONE STRENGTH PROGRAM: PR	OGRAM 3	GOLFFT.
CABLE ONE ARM ROW INCLINE PUSH UP INCLINE PUSH UP ISET INCRESS ACH SIDE BODY WEIGHT SQUAT INCLINE PUSH UP ISET INCRESS ACH SIDE ISET INCRESS ACH SIDE BISCATES MOUNTAIN CLIMBER ISET ISET INCRESS ACH SIDE LYING GLUTE BRIDGE FOOT UP 2 SETS 30 SECONDS EACH SIDE KETTLEBELL SUMO SQUAT INCRESS INCRESS ACH SIDE ONE ARM SEATED ROW 2 SETS INCRESS ACH SIDE UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP INSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP ROWE GLUTE STRETCH INCRESS INCRESS ACH SIDE STAND ON FINGERS INCRESS INCRESS ACH SIDE STAND ON FINGERS INCRESS ACH SIDE STAND ON FINGERS INCRESS ACH SIDE STANG ON FINGERS INCRESS ACH SIDE STRAIGHT ARM HIGH HAND INCRESS ACH SIDE STRAIGHT ARM HIGH HAND INCRESS ACH SIDE STRAIGHT ARM HIGH HAND INCRESS ACH SIDE SITTING BACK SIDE STRETCH INCRESS ACH SIDE	WARM UP	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
WARM UP INCLINE PUSH UP ISET IO REPS IEG SWING ISET IO REPS EACH SIDE DISLOCATES INCLINE BRIDGE FOOT UP SEMI HANDSTAND HOLD SETIS SO SECONDS EACH SIDE UNSTABLE LYING TURN OVER SETIS GREPS EACH SIDE WIDE STANCE WALKAROUND STAND ON FINGERS SO SECONDS FACH SIDE STAND ON FINGERS SO SECONDS FACH SIDE STAND ON FINGERS SO SECONDS FACH SID		INCH WORM	1 SET	6 REPS
INCLINE PUSH UP LEG SWING LEG SWING DISLOCATES MOUNTAIN CLIMBER LYING GLUTE BRIDGE FOOT UP SEMI HANDSTAND HOLD SES 30 SECONDS EACH SIDE SEMI HANDSTAND HOLD SEMI HOLD SECONDS SECONDS SOCONDS		CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
INCLINE PUSH UP 1 SET 10 REPS LEG SWING 1 SET 10 REPS EACH SIDE DISLOCATES 1 SET 10 REPS EACH SIDE MOUNTAIN CLIMBER 1 SET 5 REPS EACH SIDE LYING GLUTE BRIDGE FOOT UP 2 SETS 30 SECONDS EACH SIDE SEMI HANDSTAND HOLD 2 SETS 30 SECONDS EACH SIDE KETTLEBELL SUMO SQUAT 2 SETS 12 REPS ONE ARM DUMBBELL INCLINE BENCH PRESS 2 SETS 10 REPS EACH SIDE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE CORE CORE KNEELING HIP FLEXOR - FOOT UP 1 SET 30 SECONDS EACH SIDE KNEELING HIP FLEXOR - FOOT UP 1 SET 30 SECONDS EACH SIDE KNEELING HIP FLEXOR - FOOT UP 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE WIDE STANCE WALKAROUND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE		BODY WEIGHT SQUAT	1 SET	10 REPS
FUNCTION FUNCTION FUNCTION PUNCTION I SEMI HANDSTAND HOLD SEMI HANDSTAND HOLD KETTLEBELL SUMO SQUAT ONE ARM DUMBBELL INCLINE BENCH PRESS DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW CORE CORE CORE CORE KETTLEBELL SUMO SQUAT DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW COBLE WOODCHOP DUNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND STRAIGHT ARM HIGH HAND STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH SITS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SITS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SITS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SITS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SITS SO SECONDS EACH SIDE		INCLINE PUSH UP	1 SET	10 REPS
FUNCTION FUNCTION LYING GLUTE BRIDGE FOOT UP SEMI HANDSTAND HOLD SETIS 30 SECONDS 12 REPS 10 REPS 10 REPS 10 REPS 10 REPS EACH SIDE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE UNSTABLE LYING TURN OVER 2 SETS 10 REPS EACH SIDE KNEELING HIP FLEXOR - FOOT UP 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS WIDE STANCE WALKAROUND 1 SET 30 SECONDS SITAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE		LEG SWING	1 SET	10 REPS EACH SIDE
TYING GLUTE BRIDGE FOOT UP SEMI HANDSTAND HOLD SEMI HANDSTAND HOLD SEMI HANDSTAND HOLD SEMI HANDSTAND HOLD KETTLEBELL SUMO SQUAT ONE ARM DUMBBELL INCLINE BENCH PRESS DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW CABLE WOODCHOP UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS STAND ON FINGERS WIDE STANCE WALKAROUND MOBILITY MOBILITY MOBILITY AND SECONDS EACH SIDE STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH SETS 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH SETS 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH SETS 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH SETS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SETS SO SECONDS EACH SIDE SITTING BACK SIDE STRETCH SETS SO SECONDS EACH SIDE		DISLOCATES	1 SET	10 REPS
SEMI HANDSTAND HOLD SEMI HANDSTAND HOLD KETTLEBELL SUMO SQUAT ONE ARM DUMBBELL INCLINE BENCH PRESS DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW ONE ARM SEATED ROW CABLE WOODCHOP UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS TO SECONDS EACH SIDE WIDE STANCE WALKAROUND THE STRETCH STRAIGHT ARM HIGH HAND THE STANCE STRETCH STRAIGHT ARM HIGH HAND THE STANCE STRETCH STRAIGHT ARM HIGH HAND THE STANCE STRETCH THE STANCE WALKAROUND THE STANCE WALKAROUND THE STRAIGHT ARM HIGH HAND THE STANCE WALKAROUND SECONDS EACH SIDE STRAIGHT ARM HIGH HAND THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE STANCE WALKAROUND SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE SET SON SECONDS EACH SIDE SITTING BACK SIDE STRETCH THE SET SON SECONDS EACH SIDE	FIINPTION	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
SEMI HANDSTAND HOLD KETTLEBELL SUMO SQUAT 2 SETS TO REPS ONE ARM DUMBBELL INCLINE BENCH PRESS 2 SETS 10 REPS DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE CABLE WOODCHOP 2 SETS 10 REPS EACH SIDE CABLE WOODCHOP 2 SETS TO REPS EACH SIDE KNEELING HIP FLEXOR - FOOT UP 1 SET STAND ON FINGERS 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS WIDE STANCE WALKAROUND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE		LYING GLUTE BRIDGE FOOT UP	2 SETS	30 SECONDS EACH SIDE
ONE ARM DUMBBELL INCLINE BENCH PRESS DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW CABLE WOODCHOP UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH STRETCH STRETCH STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH STRET	TONOTION	SEMI HANDSTAND HOLD	2 SETS	30 SECONDS
ONE ARM SEATED ROW CABLE WOODCHOP UNSTABLE LYING TURN OVER Expressed to the stretch side and the stretch side stretch side and the stretch side stretch side and the stretch side and the stretch side stretch side and the stretch side sitting back side stretch side side side side side side side side	STRENGTH	KETTLEBELL SUMO SQUAT	2 SETS	12 REPS
DUMBBELL LATERAL LUNGE ONE ARM SEATED ROW 2 SETS 10 REPS EACH SIDE CABLE WOODCHOP 2 SETS 10 REPS EACH SIDE UNSTABLE LYING TURN OVER EXECUTE: KNEELING HIP FLEXOR - FOOT UP 1 SET 30 SECONDS EACH SIDE PRONE GLUTE STRETCH 1 SET 30 SECONDS EACH SIDE STAND ON FINGERS 1 SET 30 SECONDS WIDE STANCE WALKAROUND 1 SET 30 SECONDS CALF STRETCH 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE		ONE ARM DUMBBELL INCLINE BENCH PRESS	2 SETS	10 REPS
CABLE WOODCHOP UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 2 SETS 6 REPS EACH SIDE 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE 30 SECONDS EACH SIDE 30 SECONDS EACH SIDE		DUMBBELL LATERAL LUNGE	2 SETS	10 REPS EACH SIDE
UNSTABLE LYING TURN OVER EXPERING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 2 SETS 6 REPS EACH SIDE 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE STRAIGHT ARM HIGH HAND 1 SET 30 SECONDS EACH SIDE		ONE ARM SEATED ROW	2 SETS	10 REPS EACH SIDE
UNSTABLE LYING TURN OVER KNEELING HIP FLEXOR - FOOT UP PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 2 SETS 6 REPS EACH SIDE 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE 1 SET 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE	CORE	CABLE WOODCHOP	2 SETS	10 REPS EACH SIDE
PRONE GLUTE STRETCH STAND ON FINGERS WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE		UNSTABLE LYING TURN OVER	2 SETS	6 REPS EACH SIDE
MOBILITY STAND ON FINGERS 1 SET 30 SECONDS		KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
WIDE STANCE WALKAROUND CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE	MOBILITY	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
CALF STRETCH STRAIGHT ARM HIGH HAND SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE		STAND ON FINGERS	1 SET	30 SECONDS
CALF STRETCH1 SET30 SECONDS EACH SIDESTRAIGHT ARM HIGH HAND1 SET30 SECONDS EACH SIDESITTING BACK SIDE STRETCH1 SET30 SECONDS EACH SIDE		WIDE STANCE WALKAROUND	1 SET	30 SECONDS
SITTING BACK SIDE STRETCH 1 SET 30 SECONDS EACH SIDE		CALF STRETCH	1 SET	30 SECONDS EACH SIDE
		STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
CROSS LEG 1 SET 30 SECONDS EACH SIDE		SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
		CROSS LEG	1 SET	30 SECONDS EACH SIDE