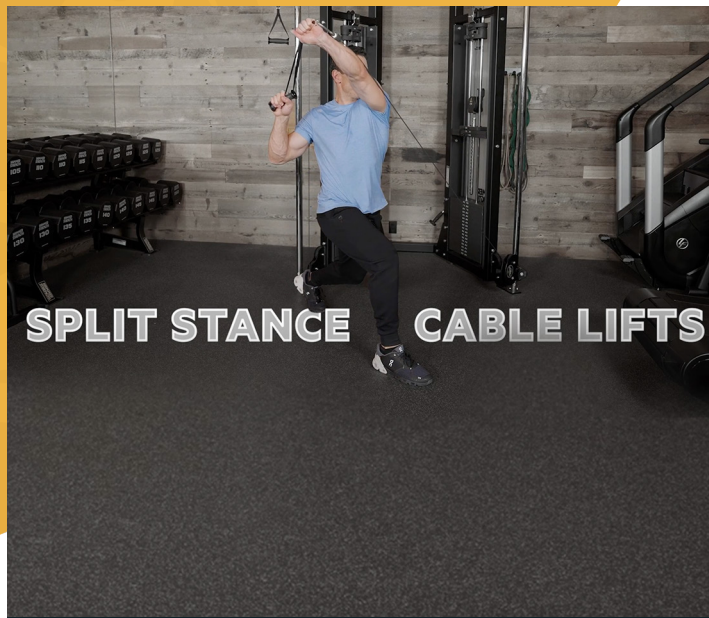


COIL FOR POWER
EXERCISE PLAN

ADD DISTANCE

Make a big turn in sequence to the top to eliminate downswing faults and add distance



SPLIT STANCE CABLE LIFTS

- Improve thoracic rotation
- Strengthen the hips and glutes
- Build lower body stability



BRETZEL STRETCH

- Increases full body flexibility
- Improves thoracic mobility
- Stretches the hip flexors



**LATERAL BOUND
WITH MEDICINE BALL TOSS**

- Builds upper body strength
- Increases hip rotation
- Improves lower body mobility

TRANSITION EXERCISE PLAN

STOP COMING OVER THE TOP

You need to train the upper and lower body to initiate a good sequence at start down



FRAME STRETCH

- Improve thoracic spine mobility
- Build lower body stability
- Increase flexibility in the shoulders



GENTLE AB ROLLS

- Improve lower body mobility
- Build core strength
- Stretch the shoulders



LATERAL MEDICINE BALL PASS

- Increase upper body mobility
- Build a powerful lower body
- Cure an over the top swing

USING GROUND FORCES
EXERCISE PLAN

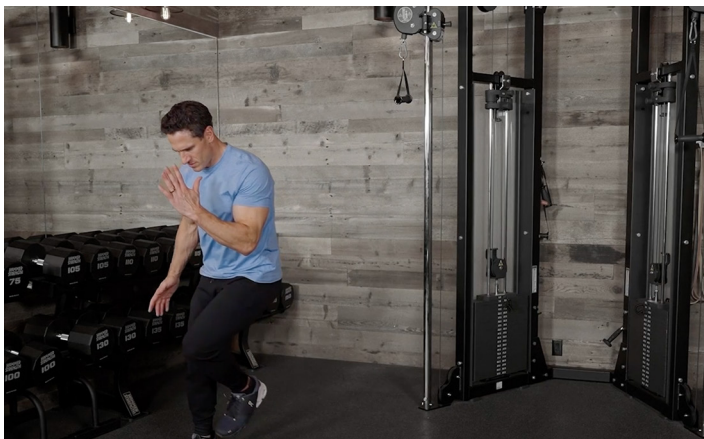
GAIN POWER

Lower body movements needed
to gain more power and prevent
common swing faults



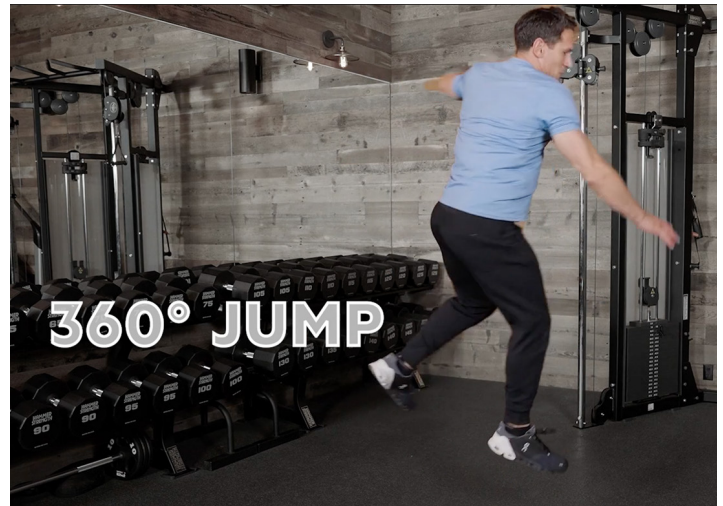
DEAD LIFT

- Build full body strength
- Reduce postural fatigue
- Help prevent lower back injury



LATERAL BOUND

- Build lower body strength
- Improve balance and agility
- Better endurance



360° JUMP

- Build lower body strength
- Train key rotational movements
- Increase explosiveness and speed

GAINING CLUBHEAD SPEED
EXERCISE PLAN

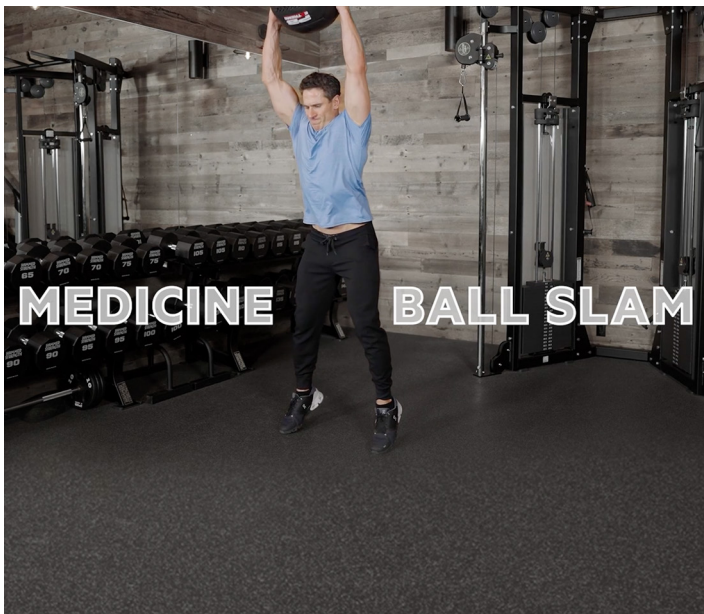
INCREASE SWING SPEED

Requires fast full body athletic movements
while maintaining control and good timing



BENT ARM TORNADO

- Improves upper body rotation
- Strengthens the core
- Builds lower body stability



MEDICINE BALL SLAM

- Build upper body strength
- Stabilize the core
- Train explosive swing movements



BROAD JUMPS

- Increase mobility
- Strengthen the lower body
- Improve swing sequence

CORE STRENGTH

exercise plan

CONSISTENT BALL STRIKING

Link between the upper and lower body crucial for power and consistent ball striking



GOBLET SQUAT

- Engage the ab muscles
- Build lower body stability
- Help to maintain swing posture



PUSH-UPS

- Build upper body strength
- Create core stability
- Improve cardiovascular health



CABLE PUSH PULL

- Builds core and upper body strength
- Improves thoracic rotation
- Boosts stamina

RELEASING THE CLUB
EXERCISE PLAN

IMPROVE YOUR IMPACT

Using the body, arms and wrists to
transfer stored energy through the ball



REACH, ROLL AND LIFT

- Improves upper body mobility
- Better range of motion in the shoulders
- Helps mobility in the hips



KNEELING FOREARM STRETCH

- Increases forearm flexibility
- Builds strength in the wrists
- Helps prevent elbow injury



LEAD ARM ONLY SWINGS

- Develops full body fluidity
- Trains key rotational movement
- Relieves tension in the lead arm

STICK THE FINISH
EXERCISE PLAN

SOLID CONTACT

Swinging in control with good
balance and posture will help you
make solid contact



DUCK WALK

- Strengthen the glutes
- Improve hip mobility
- Help maintain swing posture



SINGLE ARM FARMER'S CARRY

- Stabilize the core and glutes
- Build arm strength
- Help to maintain balance



LATERAL BOUND TO TURN

- Train explosive swing movements
- Help with balance and posture
- Improve endurance

BALANCE EXERCISE PLAN

SWING IN CONTROL

Starts from the ground up and should be maintained setup to finish for solid contact



SINGLE LEG RAINBOW PASS

- Build lower body stability
- Improve shoulder mobility
- Trains better weight transfer



HIP AIRPLANES

- Improve lower body stability
- Strengthen the glutes and hips
- Train key swing rotational movements



SINGLE LEG BALANCE

- Increases ankle, knee and hip stability
- Builds glute strength
- Highlights swing deficiencies

INSIDE SWING PATH
EXERCISE PLAN

STOPPING THE SLICE

Downswing to impact approach that helps
turn your slice into a controlled draw



BACK TO TARGET MEDICINE BALL SLAM

- Improve upper body mobility
- Train rotation and weight shift
- Help to shallow the club in transition



STANDING L

- Increase shoulder mobility
- Strengthen upper back muscles
- Improve ability to stay in posture



HIP WINDSHIELD WIPERS

- Improve lower body rotation
- Build core strength
- Help reduce hip tightness

WEIGHT TRANSFER
EXERCISE PLAN

ADD POWER AND ACCURACY

Helps for solid ball-turf contact, maximum distance and an in-to-out swing path



MATRIX JUMPS

- Build lower body stability
- Increase agility
- Train explosive swing movements



CLAMSHELL

- Strengthen the hips and glutes
- Stabilize pelvic muscles
- Help ease lower back pain



STORK TURN

- Increase hip mobility
- Build leg strength
- Improve balance

ACTIVATE THE GLUTES
EXERCISE PLAN

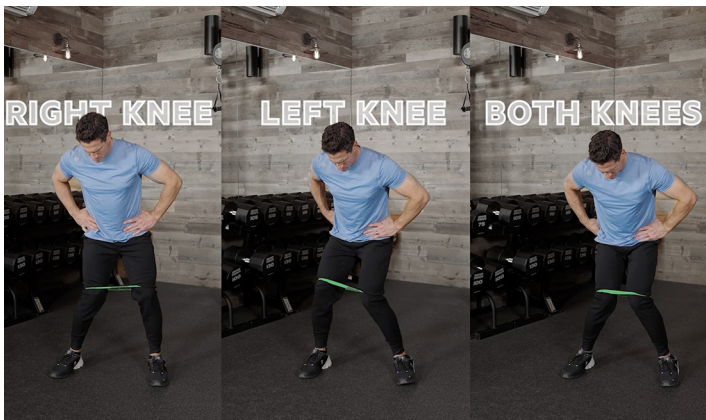
STABILITY IN THE SWING

Bridge between your lower body and core
critical for power, stability and posture



KICKSTAND RDL

- Builds leg strength
- Improves balance
- Trains better hip hinge in the swing



RIGHT KNEE LEFT KNEE BOTH KNEES

- Strengthens the glutes
- Improves hip mobility
- Engages the core



SINGLE LEG LATERAL HOPS

- Strengthen key lower body muscles
- Train explosive swing movements
- Help maintain balance

COMPRESS YOUR
IRONS EXERCISE PLAN

SOLID CONTACT WITH POWER

Need to shift and rotate with good upper body strength to create a powerful impact



MATRIX TAPS

- Build lower body stability
- Strengthen the glutes
- Improve balance



SPLIT STANCE CHOPS

- Strengthen the upper body
- Engage the core
- Stabilize the lower body



BANDED PRESS WITH EXTERNAL ROTATION

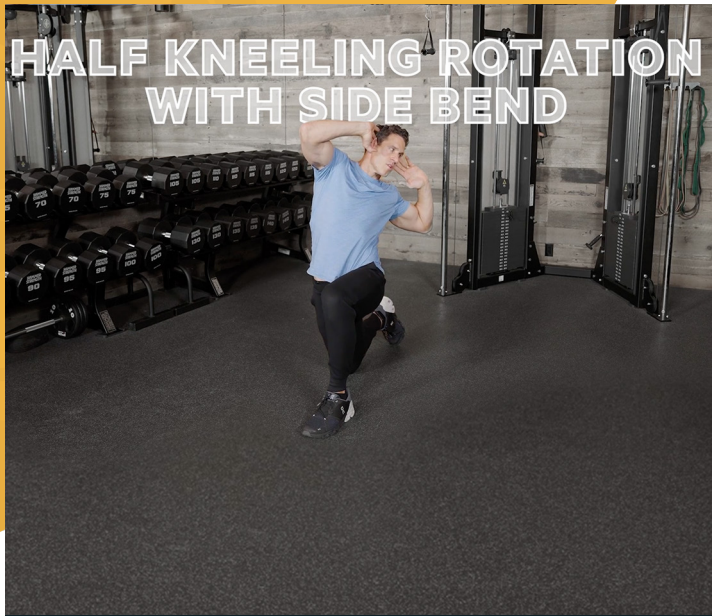
- Builds shoulder strength
- Improves upper body mobility
- Helps prevent injury on bad shots

RAISE YOUR DISTANCE
EXERCISE PLAN

ADD DRIVER DISTANCE

Adjust your body tilts, weight transfer
and numerous key swing movements
to maximize distance

HALF KNEELING ROTATION WITH SIDE BEND



- Strengthens the core
- Improves thoracic spine mobility
- Builds lower body stability



SINGLE LEG GLUTE BRIDGE

- Strengthens the glutes and hamstrings
- Stabilizes the core
- Helps prevent lower back pain



LATERAL SHUFFLE

- Improve lower body mobility
- Enhance speed, agility and rhythm
- Boost stamina