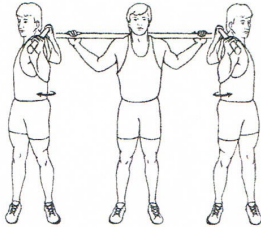


# Sample Golf (free-weight) Exercise Routine

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach

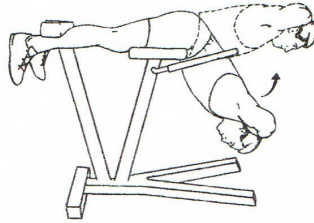


ABS - 39 Trunk Twist



Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.  
Do 3 sets. Complete 20 repetitions.

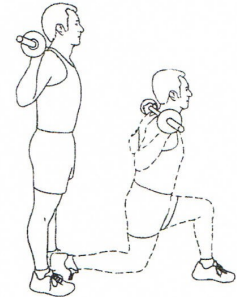
BACK: LOW - 9 Extension



Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.  
Do 3 sets. Complete 15-20 repetitions.

LEGS: GLUTES / THIGHS - 12 Lunge (Barbell)

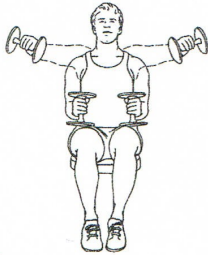
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2 sets. Complete 15 repetitions.

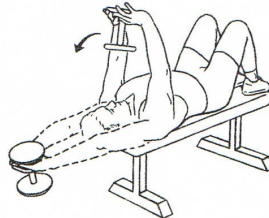
SHOULDERS - 15 Lateral Deltoid Raise: Sitting (Dumbbell)

Hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do 3 sets. Complete 15 repetitions.

CHEST - 11 Pull-Over: Straight Arms (Dumbbell)



Lower arms until parallel with floor, keeping arms nearly straight.

Do 3 sets. Complete 15 repetitions.

ARMS: FOREARMS - 8 Wrist Curl: Sitting (Barbell)

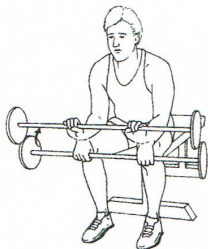
Flex wrists up toward body. Keep forearms on thighs.



Do 2 sets. Complete 15 repetitions.

ARMS: FOREARMS - 9 Wrist Curl: Sitting Reverse Grip (Barbell)

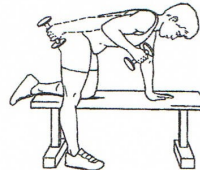
Using reverse grip, extend wrists back toward body. Keep forearms on thighs.



Do 2 sets. Complete 15 repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

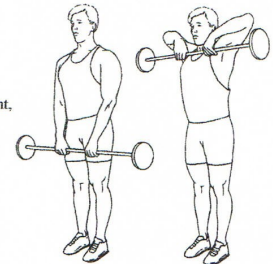
Straighten arm, keeping upper arm in line with body.



Do 2 sets. Complete 15 repetitions.

BACK: TRAPS - 3 Row: Upright - Narrow Grip (Barbell)

Knees slightly bent, lift bar to chin, leading with elbows.



Do 3 sets. Complete 15 repetitions.

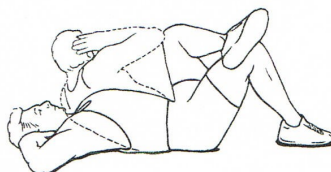
ARMS: FOREARMS - 18 Rotation: Single Arm (Thor's Hammer)



Holding forearm with other hand, slowly rotate hand to one side then the other, as far as possible.

Do 2 sets. Complete 12 repetitions.

ABS - 16 Sit-Up: Twist - Bent Leg

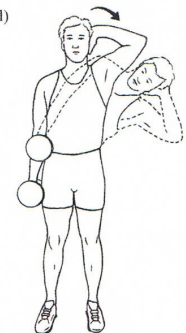


One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 2 sets. Complete 20 repetitions.

ABS - 37 Side Bend (Dumbbell)

Tighten abdominals and bend to side as far as possible.



Do 2 sets. Complete 15 repetitions.

