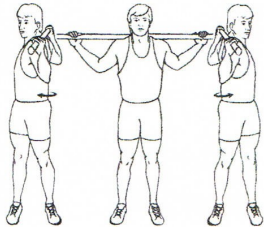


Sample Golf (machines) Exercise Routine

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

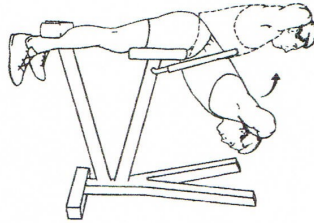


ABS - 39 Trunk Twist



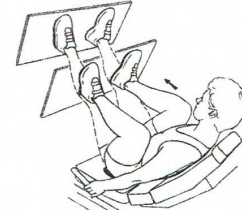
Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.
Do 3 sets. Complete 20 repetitions.

BACK: LOW - 9 Extension



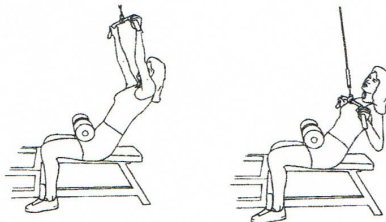
Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.
Do 3 sets. Complete 15-20 repetitions.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)



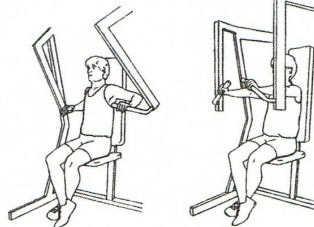
Press forward until legs are just short of locked knee position.
Do 3 sets. Complete 12 repetitions.

BACK: LATS - 12 Pull-Down: 45° Angle (Cable)



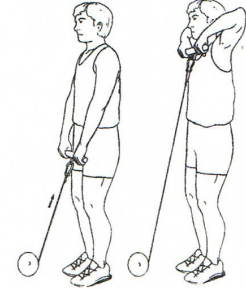
Leaning back slightly, pull bar to upper chest.
Do 3 sets. Complete 12 repetitions.

CHEST - 40 Bench Press (Machine)



Press to straight arms.
Do 3 sets. Complete 12 repetitions.

BACK: TRAPS - 5 Row: Upright - Narrow Grip (Cable)

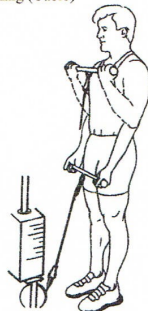


Knees slightly bent, pull bar to chin, leading with elbows.

Do 3 sets. Complete 12 repetitions.

ARMS: BICEPS - 19 Curl: Standing (Cable)

Knees slightly bent, curl arms toward shoulders, keeping upper arms close to sides.



Do 2 sets. Complete 12 repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)

Knees slightly bent, straighten arms, keeping upper arms close to sides of body.



Do 2 sets. Complete 12 repetitions.

ARMS: FOREARMS - 6 Wrist Curl: Sitting (Cable)

Flex wrists up toward body, keeping forearms on thighs.



Do 2 sets. Complete 15 repetitions.

ARMS: FOREARMS - 7 Wrist Curl: Sitting Reverse Grip (Cable)

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



Do 2 sets. Complete 15 repetitions.

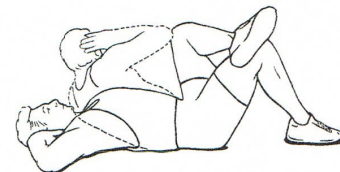
ABS - 38 Side Bend (Cable)

Tighten abdominals and bend to side as far as possible.



Do 2 sets. Complete 15 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.

