

Session 1 Details



Cardio - Choose one of the following

Elliptical

Slow to Moderate Cardio Intervals (3)

Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed.

Treadmill

Slow to Moderate Cardio Intervals (3)

Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed.

Bike

Slow to Moderate Cardio Intervals (3)

Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed.

Cats & Dogs

Set 1:

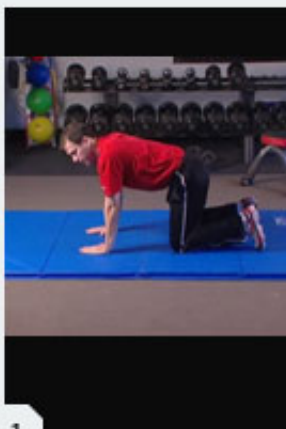
30 seconds

Set 2:

30 seconds

STEP-BY-STEP INSTRUCTIONS

Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth for the prescribed amount of time.



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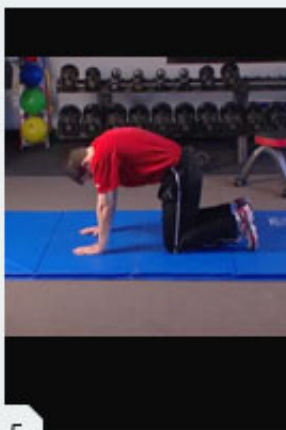
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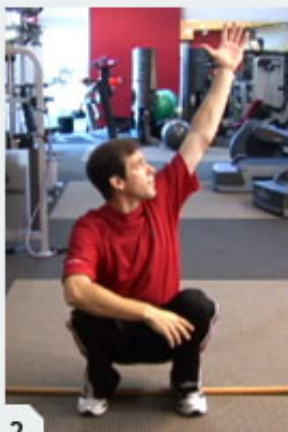
Deep Squat Heels up with Arm Stretch

Set 1:

10 times; Hold each arm up 5 seconds

STEP-BY-STEP INSTRUCTIONS

Place a lift under both heels and get into a full squat position. Once stable, try to lift one arm up and out as far as possible. Then repeat on the other side. Now try both arms up at the same time. Holding both arms up return to the standing position.



Pelvic Tilts Supine

Set 1: 30 seconds

Set 2: 30 seconds

STEP-BY-STEP INSTRUCTIONS

Lie on your back with your knees bent and feet flat on the floor. Try to tilt your pelvis back and forth (arch your back and flatten your back), trying to limit any chest or upper body movement at the same time. Make sure when you flatten your back, you should also be drawing in or flattening your stomach (not sticking it out). Repeat this back and forth for the prescribed amount of time.



Deer in the Headlights

Set 1: 60 seconds each side

Rest / Recovery (optional): Hip Flexor Stretch - Half Kneeling

STEP-BY-STEP INSTRUCTIONS

Lying flat on your back with your knees bent and your feet flat on the ground, place both hands on your glutes. Try to contract your right glute without engaging any other muscles, specially the hamstring. Hold for 5 to 10 seconds trying to squeeze as hard as you can. Repeat this on the left side and then on both sides.



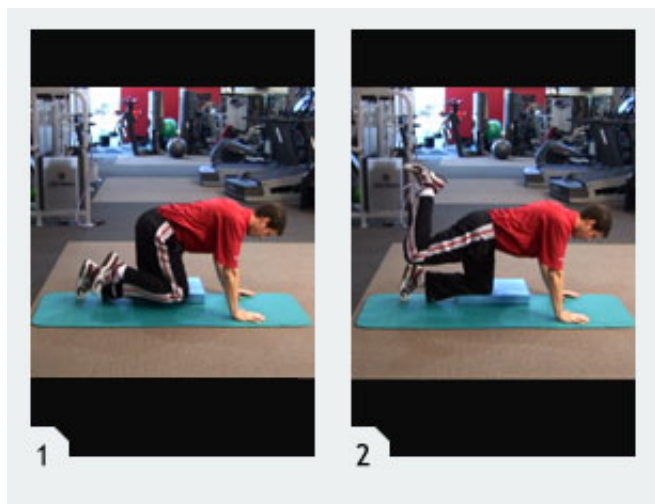
Bird Dog Hip Extension

Set 1: 15 times; each leg

Set 2: 15 times; each leg

STEP-BY-STEP INSTRUCTIONS

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees. Make sure you don't increase the curvature in your lower back at the same time!

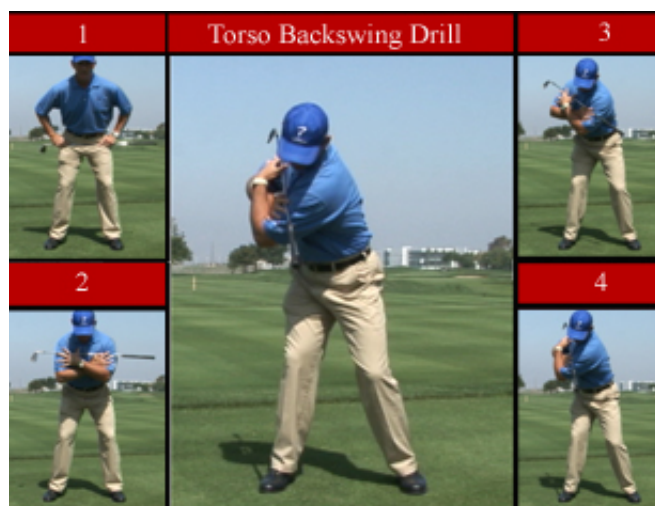


Torso Backswing Neutral Pelvis

Set 1:	100% , 3 seconds
Set 2:	100% , 3 seconds
Set 3:	100% , 3 seconds

STEP-BY-STEP INSTRUCTIONS

Take your 5 iron setup position and place a club across your chest. Simply turn in to your trail leg while maintaining your forward flexion and neutral pelvis.

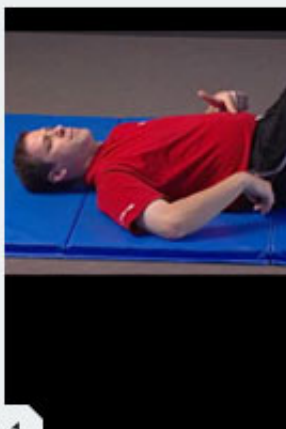


Abdominal Hollow in Neutral

Set 1:	30 seconds
Set 2:	30 seconds
Set 3:	30 seconds

STEP-BY-STEP INSTRUCTIONS

Lie flat on your back with your knees bent and your feet flat on the floor. To perform an abdominal hollow, try to draw in or suck in your abdominals like you were pulling your belly button down towards your spine. Try to minimize any chest elevation or upper body muscular recruitment and make sure you can breathe throughout the entire exercise.



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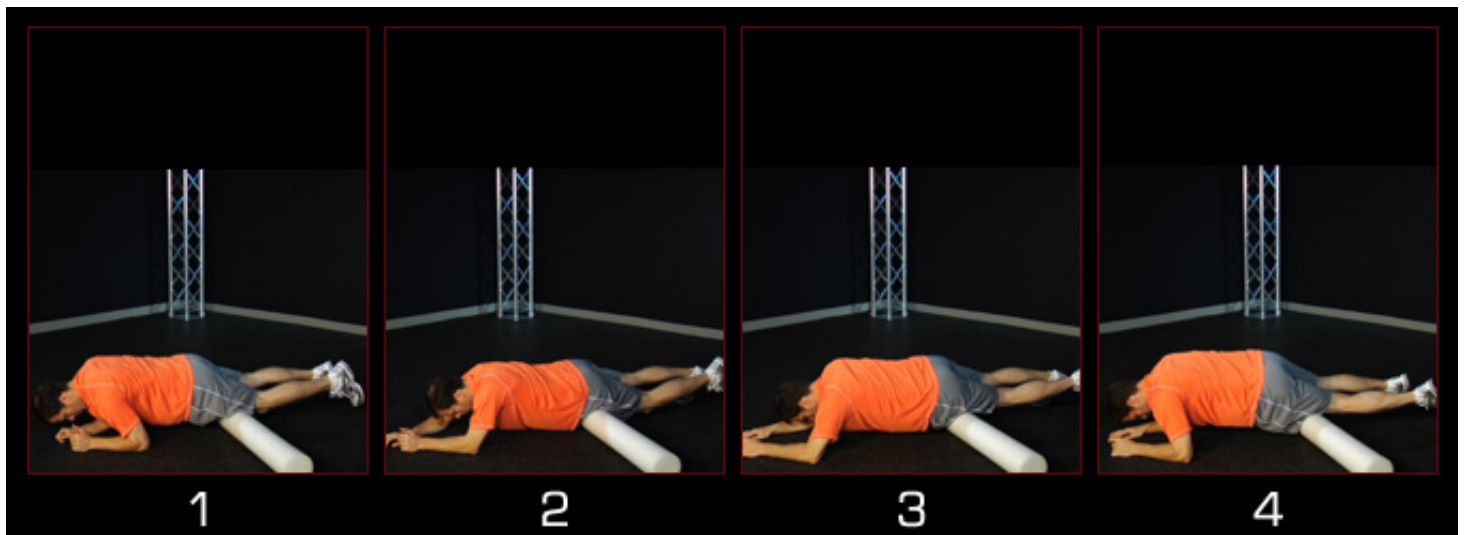
Foam Roller - Quadricep

Set 1: 8 times;

Set 2: 8 times;

STEP-BY-STEP INSTRUCTIONS

Begin exercise in prone position with quad placed directly on the foam roller with both hands/elbows supporting body weight. Next, roll the quad across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue. Repeat in same fashion on the opposite quad.



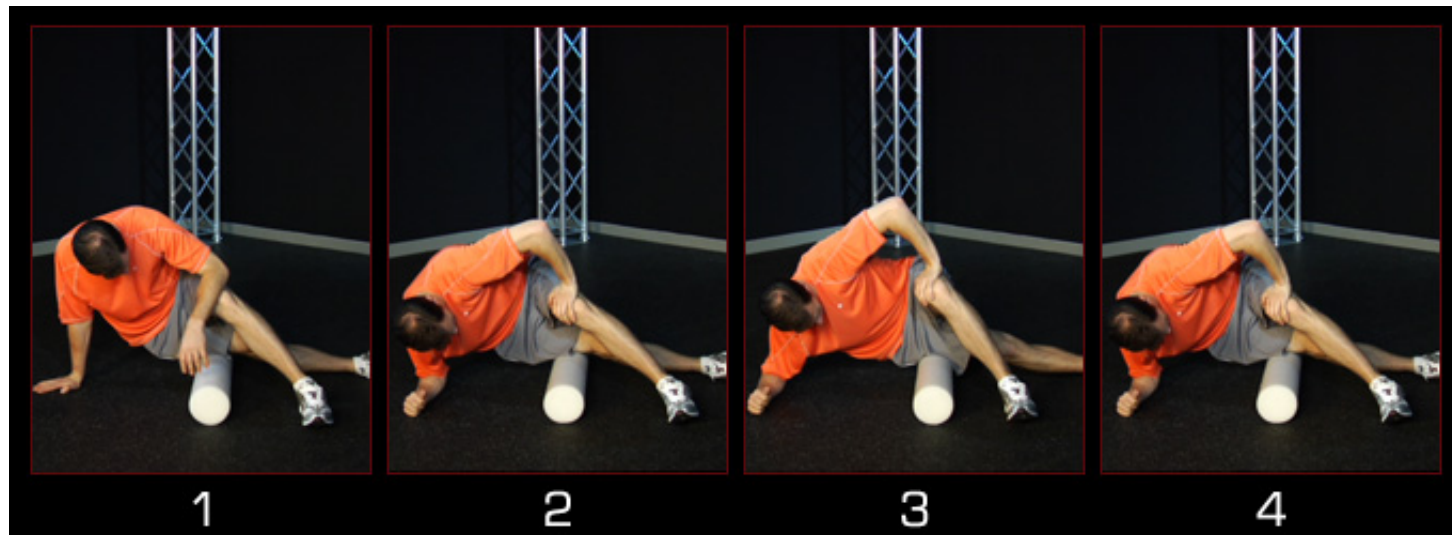
Foam Roller - TFL

Set 1: 8 times;

Set 2: 8 times;

STEP-BY-STEP INSTRUCTIONS

Begin exercise in side-lying position with TFL placed directly on the foam roller with bottom hand and opposite leg supporting body weight. Next, roll the TFL across the foam roller from high to low and outside to inside. Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue. Repeat in same fashion on the opposite TFL.



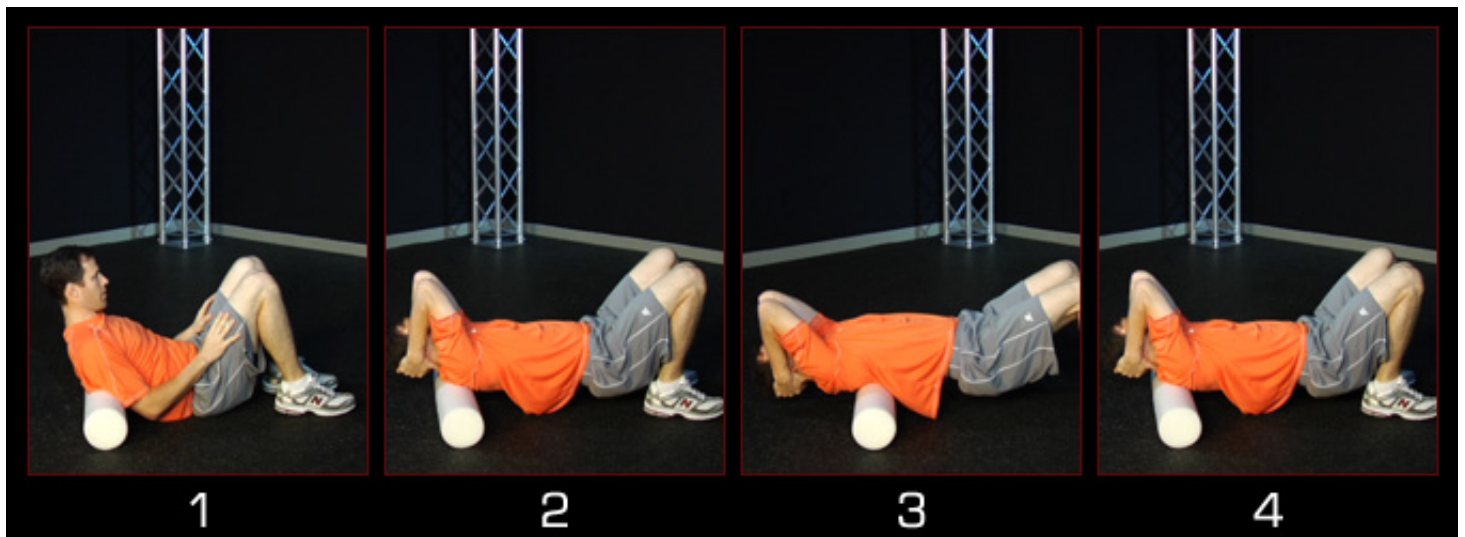
Foam Roller - Mid Back

Set 1: 8 times;

Set 2: 8 times;

STEP-BY-STEP INSTRUCTIONS

Begin exercise in supine position with mid-back placed directly on the foam roller with both elbows in front of face and both legs supporting body weight. Next, roll the mid-back across the foam roller from high to low. You may allow the upper back to bend or fold around the foam roller while maintaining your hip height to promote greater thoracic spine mobility (extension). Never perform exercise to the point of pain, but make sure that your muscle is feeling just short of the pain threshold as this will help to establish the best mobility in the muscle tissue.

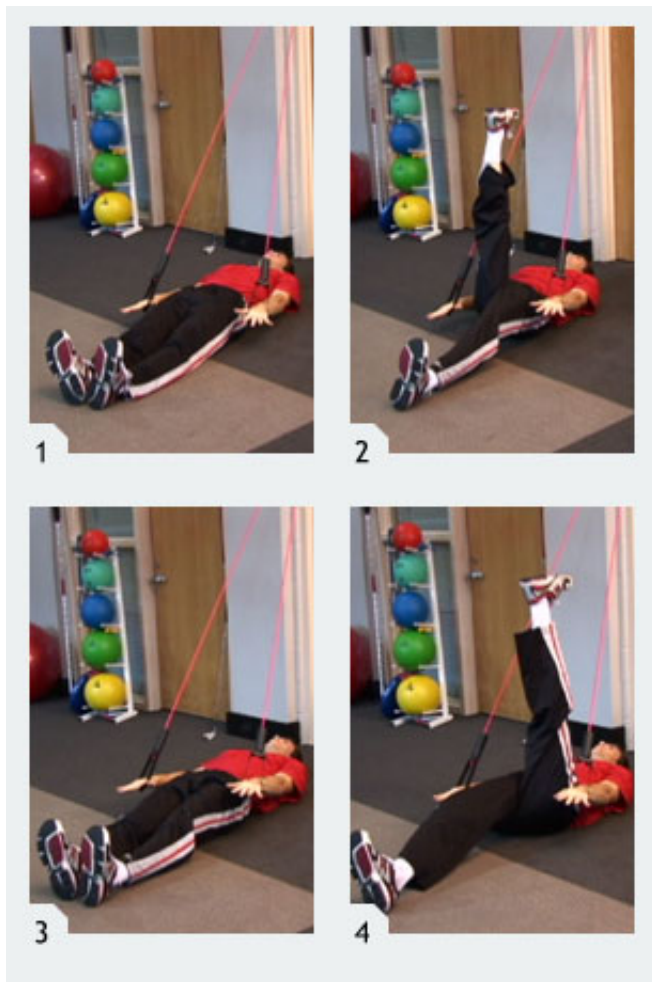


Leg Lifts Arm Pre-Loaded

- | | |
|---------------|---------------------------------|
| Set 1: | 10 times; for each leg with FMT |
| Set 2: | 10 times; for each leg with FMT |

STEP-BY-STEP INSTRUCTIONS

Attach the middle of the FMT to the high hinge of a door. Grab both handles and lay flat on your back with your head facing the door and your legs extended. Pull both handles down by your side, palms facing down, and stabilize your core. Keeping your spine stable try to lift one leg at a time, keeping the leg straight and the opposite leg down. Repeat back and forth.

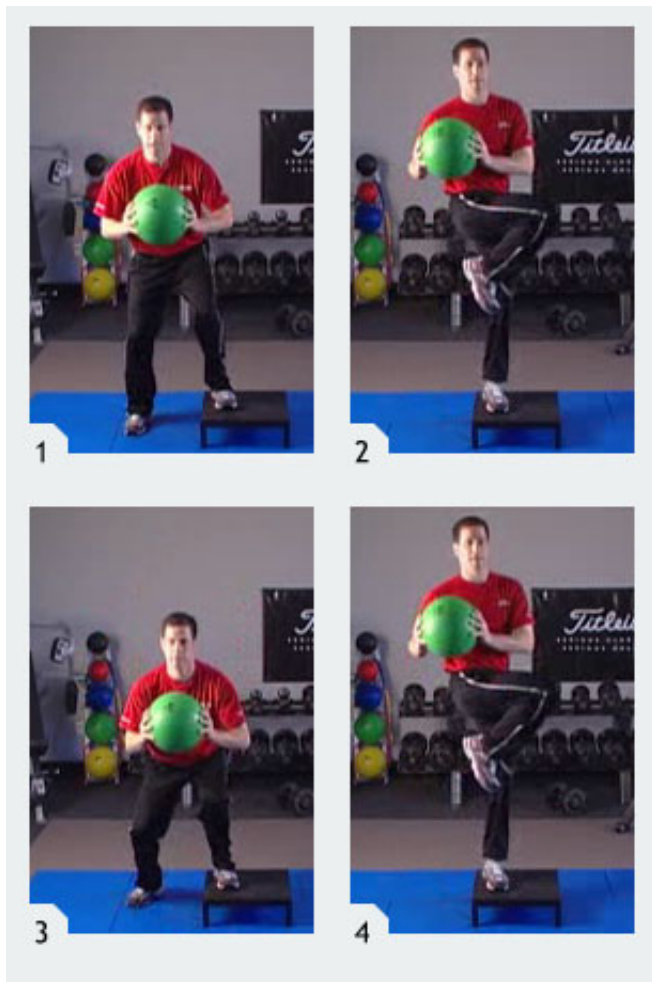


Side Step Ups

- Set 1: 10 each leg with 2-4 kg medicine ball
- Set 2: 10 each leg with 2-4 kg medicine ball

STEP-BY-STEP INSTRUCTIONS

Holding onto a free weight or a medicine ball for resistance, place your left leg up on a step. Without rotating your trunk or upper body, lift your left leg up and rotate your hips around your body (The Heisman Trophy Pose) fully extending your left knee. Hold your position and then return. Repeat on the right leg.



Duck Walks

Set 1: 10 times; Steps in each direction

Set 2: 10 times; Steps in each direction

Rest / Recovery (optional): Glute/ITB Foam Roller

STEP-BY-STEP INSTRUCTIONS

Place your Xering around your ankles and get into a good golf posture. Maintaining a stable posture, begin to side step to the left for the prescribed number of reps. Repeat to the right.



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Tennis Ball Squeeze

Set 1: 1 squeeze in all three positions

Set 2: 1 squeeze in all three positions

STEP-BY-STEP INSTRUCTIONS

Holding a tennis ball in your right hand extend your right arm directly out in front of your body with your elbow locked. Try to squeeze the ball as hard as possible for about the length of 2 breathes. Next hold your right arm out to your side and repeat the same squeeze. Finally, hold you arm out directly behind you and squeeze again. Repeat on your left side.



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Bike

Slow to Moderate Cardio Intervals (3)

Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed.

Plyo Push Ups

Set 1: 8 times;

Set 2: 8 times;

STEP-BY-STEP INSTRUCTIONS

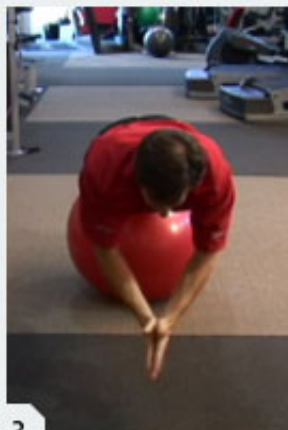
Roll out on top of a Swiss ball into a push up position. Make sure you stabilize your core and go down into a push up. Explode up and clap your hands before progressing into the next push up. Repeat.



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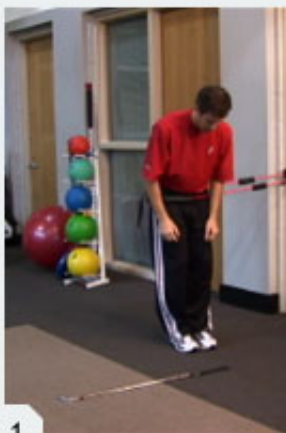
Skaters

Set 1: 15 times; jumps each direction with FMT

Set 2: 15 times; jumps each direction with FMT

STEP-BY-STEP INSTRUCTIONS

Attach the two handles of the FMT to the middle of a door and step into the harness. Get into a good golf posture and then drop a golf club down on the ground in front of you. Begin to jump back and forth the length of the club, staying in your golf posture. Repeat in both directions.



Squat to Press - Dumbbell

Set 1:	10 times; 50% of max,
Set 2:	10 times; 50% of max,
Set 3:	10 times; 50% of max,

STEP-BY-STEP INSTRUCTIONS

Stand tall with a dumbbell in each hand and feet shoulder width apart. Place dumbbells on your shoulders and go down into a squat. Only squat down to a comfortable distance and then quickly drive yourself up to the standing position, raising the dumbbells overhead at the same time. Repeat.



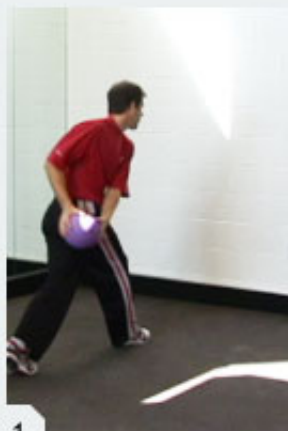
Split Squat (Stance) Side Throws

Set 1: 20 throws each direction with ball

Set 2: 20 throws each direction with ball

STEP-BY-STEP INSTRUCTIONS

Standing next to a wall, get into a split (lunge) stance with your body facing the wall. From here, get into a good golf posture and begin to throw the ball against the wall. Make sure you maintain your spine angle and try to rotate your shoulders back and forth. Repeat for the appropriate number of sets and reps.



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Hip Twister - Supported

Set 1: 15 times; twists in each direction

Set 2: 15 times; twists in each direction

STEP-BY-STEP INSTRUCTIONS

Using a golf club for support simply practice turning your hips with your torso facing forward. This will help to achieve the feeling of separating the lower body from the upper body.

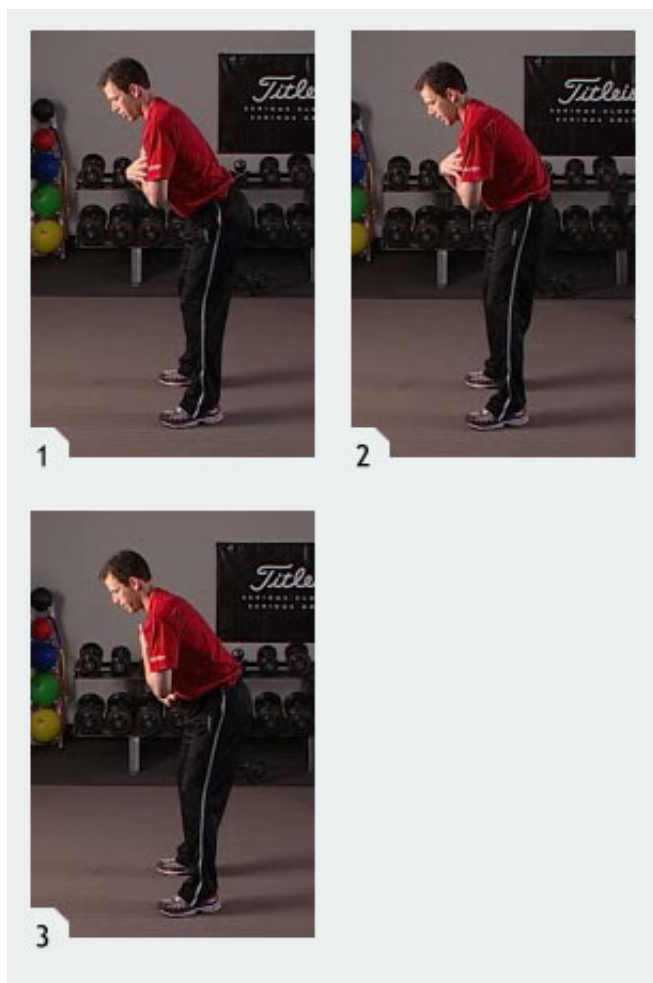


Pelvic Tilts in Golf Stance

- | | |
|--------|------------------------------------|
| Set 1: | 10 tilts back and forth to neutral |
| Set 2: | 10 tilts back and forth to neutral |
| Set 3: | 10 tilts back and forth to neutral |

STEP-BY-STEP INSTRUCTIONS

Start by getting into a 5-iron golf posture with your arms crossed over your shoulders. Now, try to tilt your pelvis back and forth without moving your upper body.



Turn and Grab Neutral Pelvis

Set 1: 15 times; turns with 2-4 kg medicine ball

Set 2: 15 times; turns with 2-4 kg medicine ball

STEP-BY-STEP INSTRUCTIONS

Get a medicine ball or weighted club and place it on a countertop or stand about waist high. Stand next to the ball with your trail side about 6-12 inches away from the countertop and get into a good golf posture with a neutral pelvis (tilt your pelvis back and forth and find the middle). Now, without letting your lower body get any closer to the countertop, turn and grab the ball like you were reaching over a fence. Make sure you have not lost the neutral pelvis that you started with!



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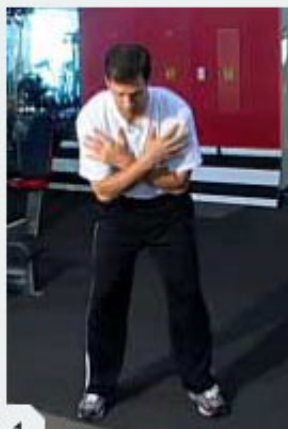
Torso Backswing in Neutral Pelvis

Set 1: 15 times; backswings

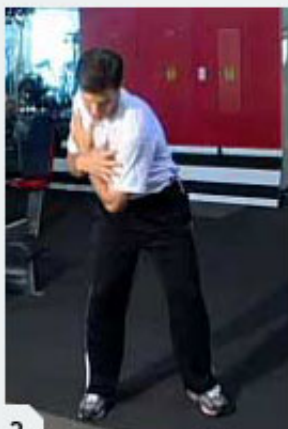
Set 2: 15 times; backswings

STEP-BY-STEP INSTRUCTIONS

Get in a good 5-iron golf posture with your arms crossed over your shoulders. Start by finding a neutral pelvis; tilt your pelvis forward and backwards until you find the middle position and lock it in with your abs. Now, take a full backswing keeping your shoulder plane from flattening out at the top. From here, return to the setup position, once again with that neutral pelvis.



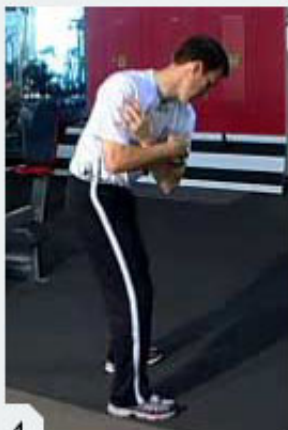
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Pelvis tilts in golf stance find neutral

Set 1: 3 times; 100% , 3 seconds

Set 2: 3 times; 100% , 3 seconds

Set 3:

3 times; 100% , 3 seconds

STEP-BY-STEP INSTRUCTIONS

Get into a five iron posture and lift the club slightly off the ground. Now,try to arch your back as much as possible and then flatten your back as much as possible. Arch again and then try to find the middle or the neutral position for a count of three and then repeat.



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