

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.

Pelvic Tilts Supine

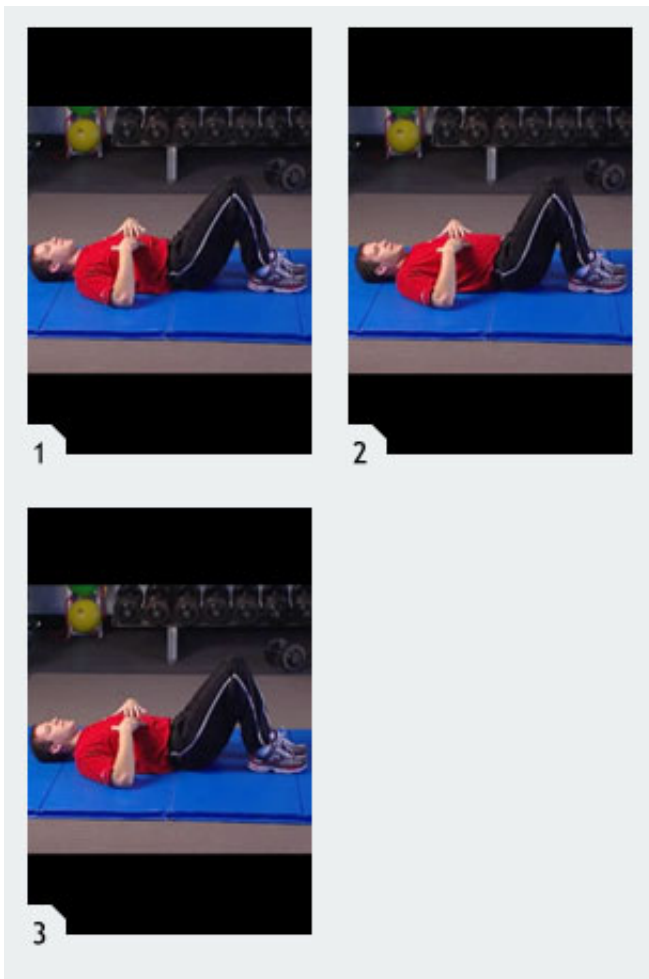
Set 1: 30 seconds

Set 2: 30 seconds

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

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.



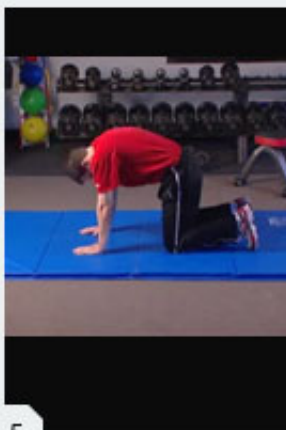
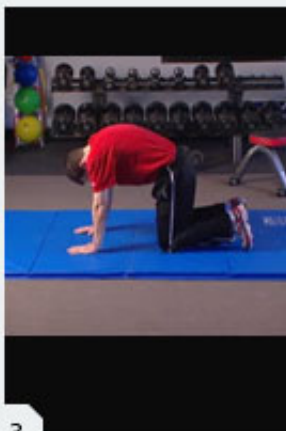
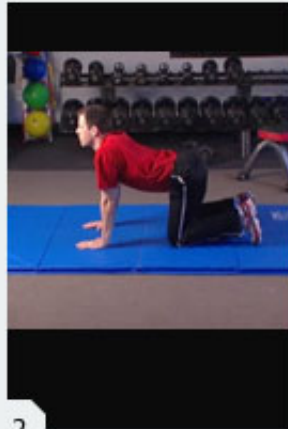
Cats & Dogs

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.



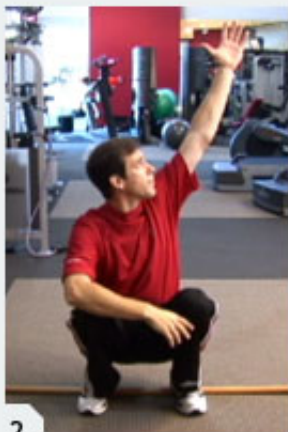
Deep Squat Heels up with Arm Stretch

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.



3 Position Bridging

Set 1: 10 times; 10-15 seconds

Set 2: 10 times; 10-15 seconds

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

STEP-BY-STEP INSTRUCTIONS

First begin the drill by getting into a supine position on the ground with both knees up and feet flat on the ground (toes slightly elevated is acceptable as well).

From this position we will be undergoing some distinct movements;

1. First begin by arching your lower back off of the mat so that a small space is present.
2. Next, flatten your lower back onto the ground/mat and contracting your belly downward and inward.
3. Contract both glutes and slowly begin to raise the hips and pelvis off of the mat. While raising the hips off of the mat make sure that the belt buckle moves towards the bottom of the rib cage. Basically, you are trying to reduce the space between the belt buckle and the sternum as you raise the hips/pelvis off of the ground.
4. Maintain this raised position while contracting the GLUTES only, as hard as you can for approximately 10-15 seconds, and repeat 10-15 times (or to tolerance).

Advance sets can include single leg extensions when in the up position (as pictured). This will place both a focus on the Glute Maximus and Glute Medius.



Leg Lifts Arm Pre-Loaded

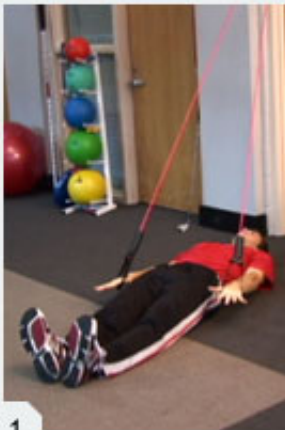
Set 1: 10 times; for each leg with FMT

Set 2: 10 times; for each leg with FMT

Rest / Recovery (optional): Figure 4 Stretch

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.

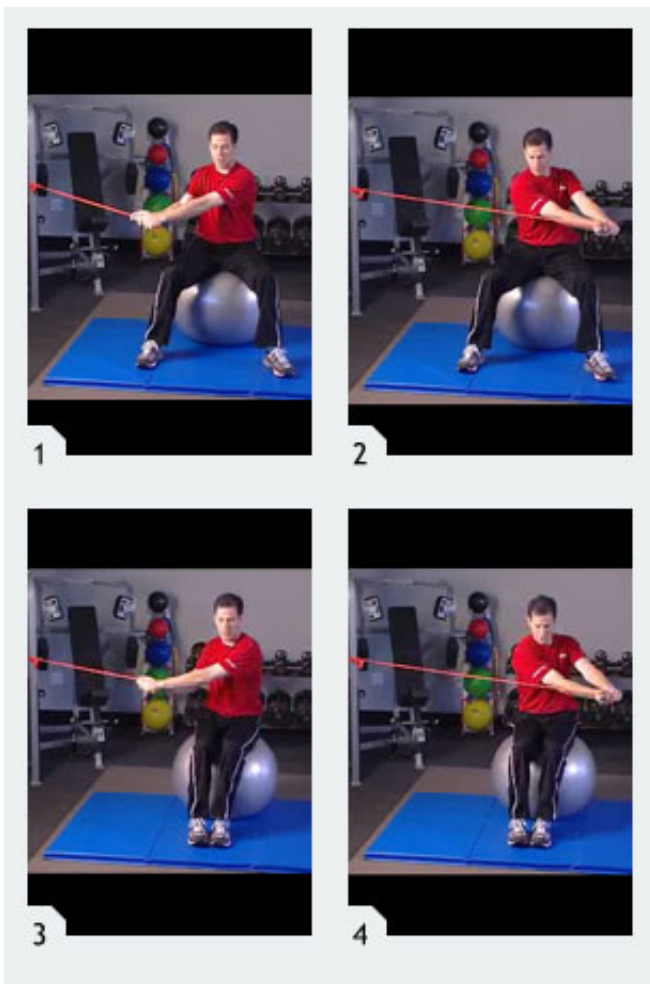


Horizontal Chops - Wide to Narrow Base

- Set 1:** 10 times; in each direction with feet apart
- Set 2:** 10 times; each direction with feet together
- Set 3:** 10 times; in each direction with one leg only
- Rest / Recovery (optional):** Arm Drops

STEP-BY-STEP INSTRUCTIONS

Attach one end of your FMT to the middle hinge of a door and sit on top of a Swiss ball holding the free handle of the FMT with both hands. Widen your base of support by spreading your feet apart past your hips and then try to rotate your trunk and arms back and forth holding the FMT for resistance. The Swiss ball is going to force you to stabilize your lower body as you perform this exercise. Repeat in both directions. Now try to narrow your base of support by placing both feet together and then try to rotate your trunk and arms back and forth holding the FMT for resistance. This will force your lower body to stabilize even more. Finally, if you want a real challenge, try lifting the leg farthest from the door and then try to rotate your trunk and arms back and forth holding the FMT. Repeat in both directions.



Deep Squat - Dumbbell Squats Heels Up

Set 1: 8 times; 10 - 20 lb dumbbell

Set 2: 8 times; 10 - 20 lb dumbbell

STEP-BY-STEP INSTRUCTIONS

Start by getting a 10-20 pound dumbbell and a small step or plyo box. Standing in front of the box holding the free weight in both hands with your heels elevated, extend your arms out fully in front of you. Slowly begin to lower yourself into the deep squat. The

weight should help you maintain your center of gravity. At the bottom of the squat carefully place the dumbbell on the step. When you feel comfortable, try to release the weight and maintain your full squat. From this full deep squat position, slowly raise yourself to the full standing position. Repeat.



Single Leg Stance Golf Posture

Set 1: 15 sec. eyes open - 15 sec. eyes closed

Set 2: 15 sec. eyes open - 15 sec. eyes closed

STEP-BY-STEP INSTRUCTIONS

Get into your golf posture and try to lift one leg. Try to balance yourself first with eyes open, and then try eyes closed. Repeat on the other leg.



1

Wrist Dumbbell Hinges

- | | |
|--------|------------------------------|
| Set 1: | 15 times; 30-50 of 8 rep max |
| Set 2: | 15 times; 30-50 of 8 rep max |

STEP-BY-STEP INSTRUCTIONS

Sit on Swiss ball, thighs parallel, holding one end of a dumbbell vertical w/forearm resting upon your thigh. Keeping the dumbbell vertical, hinge your wrist up and down as far as comfortable, keeping your forearm in contact with your thigh. Return and repeat.



1



2



3



4

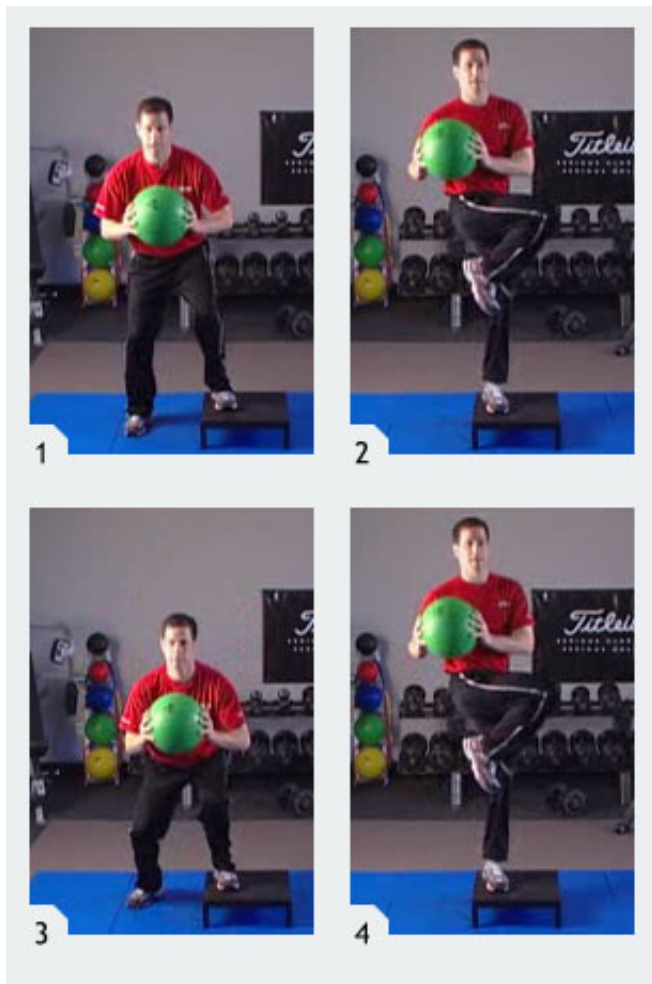
Side Step Ups

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.



Cardio - Choose one of the following

Elliptical

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Treadmill

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Bike

Slow to Moderate Cardio Intervals (3)

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Squat to Press - Dumbbell

Set 1: 10 times; 50% of max,

Set 2: 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.



1



2



3

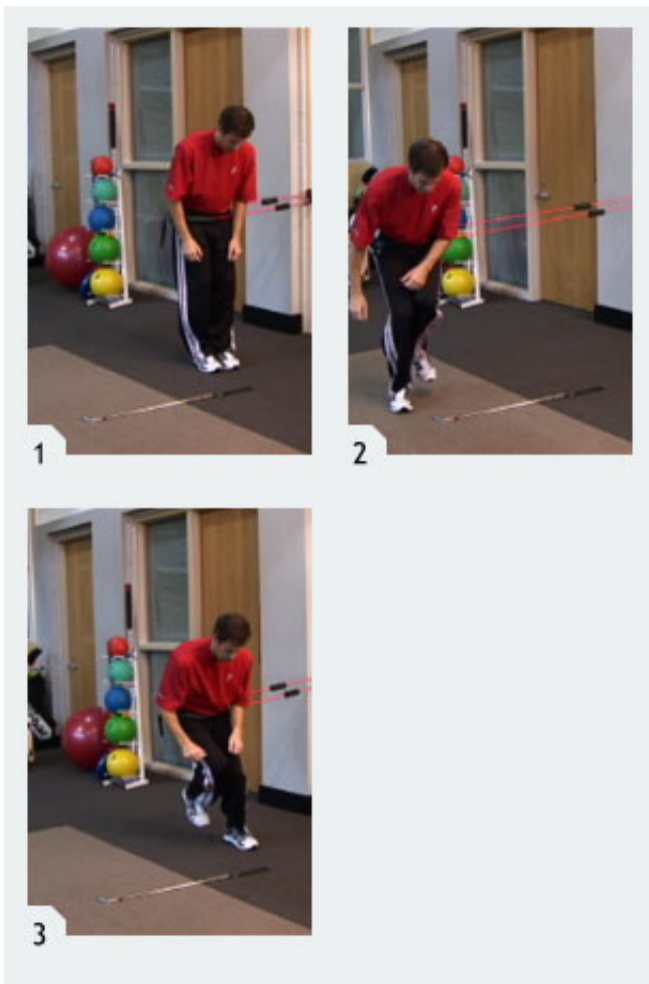
Skaters

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.



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.



Pelvic Tilt in Golf Stance Find Neutral

- | | |
|--------|--|
| Set 1: | 3 tilts each direction then find neutral |
| Set 2: | 3 tilts each direction then find neutral |
| Set 3: | 3 tilts each direction then find neutral |

STEP-BY-STEP INSTRUCTIONS

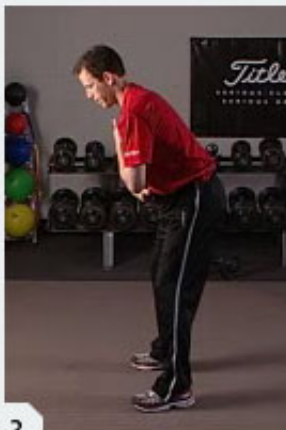
Starting from a 5-iron golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Once you find the middle, start over again and repeat for the appropriate number of reps.



1



2



3

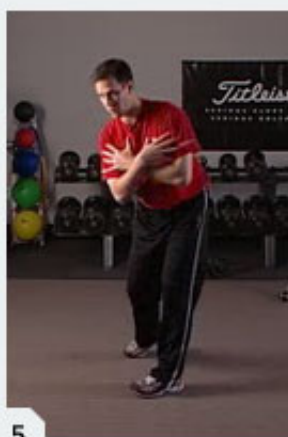
Forward Shift Neutral Pelvis

Set 1: 25 times;

Set 2: 25 times;

STEP-BY-STEP INSTRUCTIONS

Starting from a good golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Now, go directly into your impact and full finish position without a backswing, making sure your pelvis stays in a neutral or posterior tilted position.



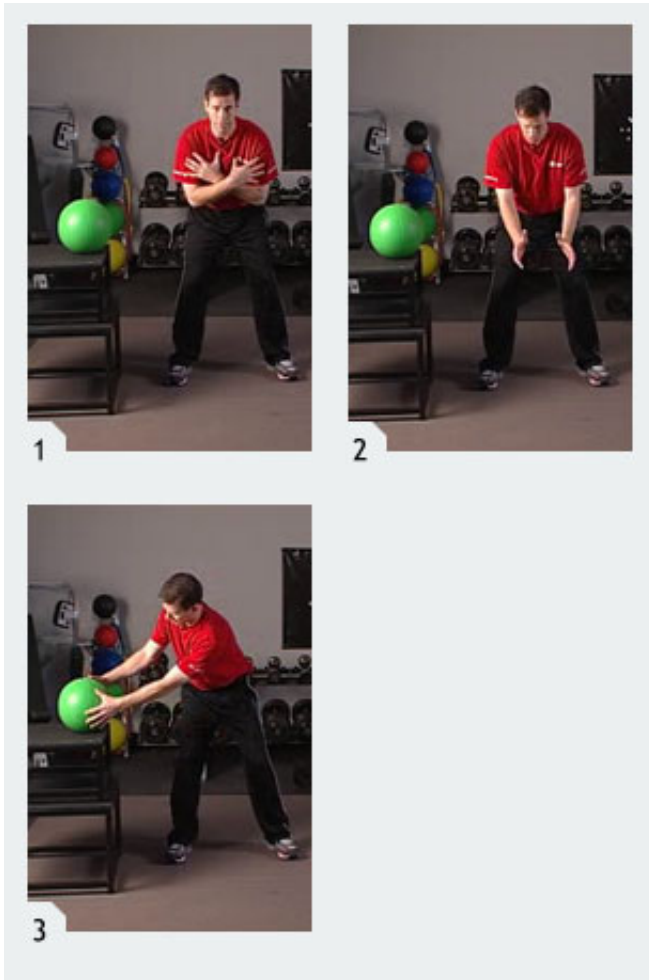
Turn and Grab Neutral Pelvis

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!



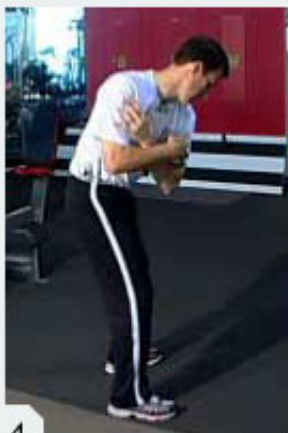
Torso Backswing in Neutral Pelvis

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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