# LEVEL 1: 9-WORKOUT TRAINING PLAN

## GOLF FITNESS FOR EVERYONE

### WORKOUT #1

3 SETS — 10 REPS each exercise
- **Double Leg Bridge**
- **Open Book (each side)**
- **Cats and Dogs**
- **Push Ups**

### WORKOUT #2

3 SETS — 10 REPS each exercise
- **Inverted Hamstring (each side)**
- **Bodyweight Squats (each side)**
- **Bear Crawl (2 up, 2 back)**
- **Kickstand Shoulder Turns (each side)**

### WORKOUT #3

3 SETS — 10 REPS each exercise
- **Banded Rack Split Squat (each side)**
- **Half Kneeling Incline Press (each side)**
- **Half Kneeling Lat Pull Down (each side)**
- **Birddog (each side)**

### EQUIPMENT NEEDED:
- Exercise mat (recommended)
- Set of exercise bands
- Exercise mat (recommended)
- Pair of dumbbells (between 5-20 pounds)
- Exercise mat (recommended)

### BODYWEIGHT

### WORKOUT #1

3 SETS — 10 REPS each exercise
- **Banded Squats**
- **Band Chest Press**
- **Face Pull**
- **Banded Lifts (each side)**

### WORKOUT #2

3 SETS — 10 REPS each exercise
- **Banded RDL**
- **Banded Push-Up**
- **Single Arm Row (each side)**
- **Banded Chop (each side)**

### WORKOUT #3

3 SETS — 10 REPS each exercise
- **Banded Rack Split Squat (each side)**
- **Half Kneeling Incline Press (each side)**
- **Half Kneeling Lat Pull Down (each side)**
- **Birddog (each side)**

### DUMBBELLS

### WORKOUT #1

3 SETS — 10 REPS each exercise
- **Goblet Squat**
- **Dumbbell RDL**
- **Dumbbell Press**
- **Single Arm Dumbbell Row (each side)**

### WORKOUT #2

3 SETS — 10 REPS each exercise
- **Step Up to Rotation (each side)**
- **Dumbbell Pullover**
- **Half Kneeling Press (each side)**
- **Half Kneeling Chop (each side)**

### WORKOUT #3

3 SETS — 10 REPS each exercise
- **Dumbbell Split Squats (each side)**
- **Weighted Bridge**
- **Reverse Fly**
- **Side Plank (20 seconds each side)**