

MOBILITY

DAY 1

GOLF FITNESS
OVER 50+

CHILD'S POSE

2 SETS Hold position for 5 DEEP BREATHS

Golf benefits: Unlock greater mobility in shoulders and back to enhance range of motion in swing



GLUTE BRIDGE

2 SETS 10 REPS

Advanced variation: Single Leg Glute Bridge (10 reps on each side)



DYNAMIC HAMSTRING

2 SETS 10 REPS on each side

Lie flat on back, grab leg; extend and bend at knee



HIP FLEXOR STRETCH

2 SETS 5 DEEP BREATHS on each side

Golf benefits: Lengthen the swing, improve weight shift, increase rotation and prevent back pain



STRENGTH

DAY 1

GOLF FITNESS
OVER 50+

BODYWEIGHT SQUAT

2 SETS 10 REPS

Advanced variation: Goblet Squat (10 reps)



PUSH-UP

2 SETS 10 REPS

Variation: Kneeling Push-Up (10 reps)



HANDCUFF TO REACH

2 SETS 10 REPS

Variation: Hold light weight in each hand



PLANK

2 SETS HOLD POSITION for 30 seconds

Tip: Brace ground with hands or forearms



MOBILITY

DAY 2

GOLF FITNESS
OVER 50+

CATS & DOGS

2 SETS CONTINUOUS REPS for 30 seconds

Golf benefits: Enhance the range of motion in the spine to achieve crucial swing positions safely and without injury.



INVERTED HAMSTRING

2 SETS 10 REPS each side

Golf benefits: Enhance your balance and build lower body strength to unleash a more powerful swing.



REACH BACK HOLD

2 SETS 5 DEEP BREATHS on each side

Variation: Add a turn (10 reps on each side).



DYNAMIC QUAD

2 SETS 10 REPS each exercise

Tip: Use a towel or belt around your ankle if needed



STRENGTH

DAY 2

GOLF FITNESS
OVER 50+

ROMANIAN DEADLIFT

2 SETS 10 REPS

Tip: Don't drop dumbbells lower than knees



GLUTE BRIDGE PRESS

2 SETS 10 REPS

Variation: One arm at a time alternating (5 reps on each side)



REVERSE FLY

2 SETS 10 REPS

Golf benefits: Trains the rear shoulder and scapula muscles to improve backswing



LATERAL BOUNDS

2 SETS 5 REPS on each side

Golf benefits: Build lower body strength and stability to develop explosive power and improve endurance



MOBILITY

DAY 3

GOLF FITNESS

OVER 50+

HIP AIRPLANE

2 SETS 10 REPS on each side

Tip: Hold sturdy object to maintain balance if needed



HIP 90-90

2 SETS 5 DEEP BREATHS on each side

Variation: Cycle side-to-side between each breath



½ KNEELING T-SPINE HOLD

2 SETS Rotate and hold position for 5 DEEP BREATHS on each side

Golf benefits: Enhance the range of motion throughout the swing and prevent injury



SHOULDER CARS

2 SETS 10 REPS each exercise

Raise one arm in front, rotate arm outward, twisting shoulder back



STRENGTH

DAY 3

GOLF FITNESS
OVER 50+

REVERSE LUNGE

2 SETS 5-10 REPS each side alternating

Variation: Low Box Step-Up



HALF KNEELING DUMBBELL PRESS

2 SETS 10 REPS reps different leg kneeling each set

Variation: Standing Alternating Dumbbell Press (5 reps on each side)



SPLIT STANCE DB ROW

2 SETS 10 REPS on each side

Golf benefits: Improve upper body strength and lower body stability to swing quickly while maintaining control



MEDICINE BALL SLAM

2 SETS 15-10 REPS

Golf benefits: Enhance upper body strength, engage the core, and train for explosive movements to increase overall power



MOBILITY

DAY 4

GOLF FITNESS

OVER 50+

LUNGE TO REACH

2 SETS 5 REPS on each side alternating

Variation: Half Kneeling Reach (5 reps on each side)



REACH, ROLL, & LIFT

2 SETS 10 REPS on each side

Golf benefits: Stretch the shoulders and upper back, creating more width to improve distance



BEAR CRAWLS

2 SETS 5 REPS up and back

Golf benefits: Build full-body strength and mobility to improve power, accuracy and consistency



SQUAT TO STAND

2 SETS 10 REPS

Variation: Arms Extended Squat (10 reps)



STRENGTH

DAY 4

GOLF FITNESS

OVER 50+

KICKSTAND ROMANIAN DEADLIFT

2 SETS 10 REPS on each side

Golf benefits: Improve strength, stability and balance to help with more explosive swing movements



PUSH-UP TO REACH

3 SETS 5 REPS on each side alternating

Variation: Elevated using a bench or desk



BIRDDOG ROW

3 SETS 10 REPS on each side

Golf benefits: Build upper body strength, increase mobility and stabilize the core to improve backswing



MEDICINE BALL SIDE PASS

2 SETS 10 REPS on each side

Tip: Use a wall if you don't have a partner



MOBILITY

DAY 5

GOLF FITNESS

OVER 50+

BRETZEL

2 SETS 5 DEEP BREATHS on each side

Tip: Use a towel or belt around your ankle if needed



WORLD'S GREATEST STRETCH

2 SETS 3 REPS on each side alternating

Golf benefits: Helps lengthen the leg, core, and upper back muscles, allowing for a greater turn during the swing



THREAD THE NEEDLE

2 SETS 5 DEEP BREATHS on each side

Golf benefits: Increase upper body mobility, improves swing rotation and prevents back injury



SIDE LUNGE

2 SETS 10 REPS on each side

Variation: Alternate side-to-side



STRENGTH

DAY 5

GOLF FITNESS
OVER 50+

SPLIT SQUAT ROW

3 SETS 10 REPS on each side

Variation: Goblet Lateral Lunge (10 reps in each direction alternating)



GROUND CHEST PASS

2 SETS 10 REPS

Golf benefits: Build upper body and core strength while improving your speed and agility



ONE ARM ONE LEG ROW

2 SETS 10 REPS on each side

Variation: One Arm Kickstand Row (10 reps on each side)



BROAD JUMPS

2 SETS 5 REPS

Variation: Lateral Hops (10 reps in each direction)



MOBILITY

DAY 6

GOLF FITNESS
OVER 50+

SCAP PUSH-UP

2 SETS 10 REPS

Golf benefits: Build upper body strength and increase shoulder mobility to swing faster without injury



SQUAT TO REACH

2 SETS 5 REPS

Variation: Squat, Elbows between Knees and Hold for Deep Breath (5 reps)



90-90 LAT STRETCH

2 SETS 5 DEEP BREATHS on each side

Golf benefits: Helps shallow the club in transition and achieve a powerful impact position



THORACIC BRIDGE

2 SETS 5 REPS on each side

Golf benefits: Increases mobility, builds strength, improves sequencing and activates the glutes to improve swing



STRENGTH

DAY 6

GOLF FITNESS
OVER 50+

LUNGE TO ROTATION

2 SETS 5 REPS on each side

Variation: Wide Stance Goblet Squat (10 reps)



PLANK ROW

2 SETS 10 REPS on each side

Golf benefits: Build strength in lower body, core, and shoulders to improve control and power during swings



GLUTE BRIDGE PULLOVER

2 SETS 10 REPS

Variation: Alternating Row (10 reps on each side)



LATERAL BOUND SLAMS

2 SETS 5 REPS on each direction

Variation: Lateral Hop Slams (5 reps in each direction)

