

A Workout for Golfers to Elevate Their Game

Every exercise has 12 reps, 3 sets and 60 seconds of rest between each set

1

Dumbbell Step Up



2

Lunge with Rotation



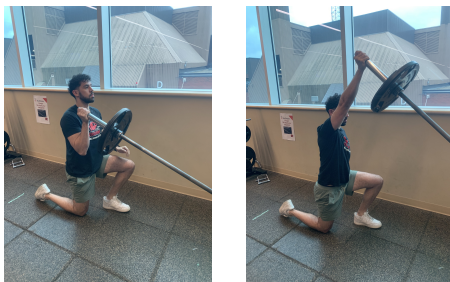
3

Single Leg Glute Bridge



4

Landmine Overhead Single Arm Shoulder Press



5

Bent Over Row



6

Chest Fly



7

Cable Woodchopper



8

Cat-Cow



9

Hip Wipers

