

GET UP AND MOVE WITH

April 2020 Golf Workout



10 Squats

w/ Golf Club above your head



20 Flutter Kicks

Kicks

Alternate legs



10 Lunges

w/ Golf Club across your shoulders



10 Push-Ups

Modify on knees or standing against a wall.

10 Seated Rotations

Sit cross legged on the floor, holding golf club at your chest; twist from side to side.

10 Crunches

Sit ups with arms across the chest, crunching half way to your knees

Beginners: complete 2 rounds
Intermediate: complete 3 rounds
Advanced: complete 5 rounds

Note: Always check with your physician before starting any new exercise program.