

BE GOLF FIT - 8-Week Golf Fitness Program

Please feel out the following sheets appropriately noting the following:

- 1 DATE: Enter the date of each of your workouts
- 2 WEIGHT: Enter the weight or color band that you use.
WEIGHT: For exercises the following exercises enter the time you
- 3 held the position: Plank, Side Plank, Wall Slide, and Balance
WRIST EXERCISES: One wrist may be stronger than the other.
Exercise the weaker one until it becomes as strong as the stronger
- 4 one.
- 5 BALANCE: Enter if you perform the exercise with your feet square
or one foot in front of the other.
- 6 FOAM ROLLING: Enter in any special notes. For example,
number of "knots" or adhesions.
- 7 WEEK: In each worksheet the exercises that have changed are
identified with the color **GREEN**

WEEK ONE & TWO			DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
STRENGTH TRAINING			REPS	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Leg Press	30 each leg	L								
		R								
Plank from Floor	1 min									
Glute Press	30	L								
		R								
Rotator Cuff – In	30	L								
		R								
Rotator Cuff – Out	30									
Side Plank	30 sec each side	L								
		R								
Inner Thigh Press	30	L								
		R								
Outer Thigh Press	30									
Toe Taps	30	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Wall Slide With Band	1 min									

Rhomboid Exercise on Ball	30									
Wrist Extensions	30	L								
		R								
Wrist Curls	30	L								
		R								
Calf Exercise on 2 Feet	30		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Golf Swing on Exercise Ball	30	L								
		R								
Back Extension from Floor	3 (10 sec)	L								
		R								
Dumbbell Row	30	L								
		R								
Touch Your Toes	30	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

BALANCE & PLYOMETRIC TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Weight Shift w/Med. Ball	30	L								
		R								
Balance on 2 Feet – No Movement	1 min									
Chest Press w/Med. Ball	30									

FLEXIBILITY TRAINING										
Seated Figure 4	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Seated Crossover	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Back of Shoulder Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Hamstring Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Back Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Hip Flexor Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Pec Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Wrist Stretch – Extension	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Wrist Stretch – Flexion	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Inner Thigh Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Quad Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Front of Shoulder Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								

Foam Rolling - IT	30 sec	L								
		R								
Foam Rolling - Calf	30 sec	L								
		R								
Foam Rolling - Glute	30 sec									
Special Notes:	30 sec									

WEEK THREE & FOUR			DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
STRENGTH TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Leg Press	30 each leg	L R								
Plank on Instability Ball	1 min									
Glute Press	30	L R								
Rotator Cuff – In	30	L R								
Rotator Cuff – Out	30									
Side Plank on Instability	30 sec each side	L R								
Inner Thigh Press	30	L R								
Outer Thigh Press	30									
Toe Taps	30	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wall Slide - No Band	1 min									
Rhomboid Exercise on Ball	30									
Wrist Extensions - Add Instability	30	L R								
Wrist Curls - Add Instability	30	L R								
Calf Exercise on 2 Feet	30		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Golf Swing on Exercise Ball	30	L R								
Back Extension from Kneeling	3 (10 sec)	L R								
Dumbbell Row - Add Instability	30	L R								
Touch Your Toes	30	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

BALANCE & PLYOMETRIC TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Weight Shift w/Med. Ball	30	L R								
Balance on 2 Feet – Add Movement	1 min									
Chest Press w/Med. Ball	30									
FLEXIBILITY TRAINING										
Seated Figure 4	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seated Crossover	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Back of Shoulder Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Hamstring Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Back Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Hip Flexor Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pec Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wrist Stretch – Extension	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wrist Stretch – Flexion	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Inner Thigh Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Quad Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Front of Shoulder Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Foam Rolling - IT	30 sec	L R								
Foam Rolling - Calf	30 sec	L R								
Foam Rolling - Glute	30 sec									
Special Notes:	30 sec									

WEEK FIVE & SIX			DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
STRENGTH TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Leg Press	30 each leg	L R								
Plank from Floor	1 min									
Glute Press	30	L R								
Rotator Cuff – In	30	L R								
Rotator Cuff – Out	30									
Side Plank with Movement	30 sec each side	L R								
Tricep	30	L R								
Chest Press	30									
1 Leg Raise & Lower	30	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wall Slide - Super Set (Without Band and then With)	1 min									
Rhomboid Exercise on Ball	30									

Wrist Extensions	30	L								
		R								
Wrist Curls	30	L								
		R								
Calf Exercise on 1 Foot	30		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Golf Swing - Up	30	L								
		R								
Back Extension from Floor	3 (10 sec)	L								
		R								
Dumbbell Row - SuperSet (Without instability and then With)	30	L								
		R								
"The Rocker"	30	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

BALANCE & PLYOMETRIC TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Turn & Throw with Med Ball	30	L								
		R								
Balance on 1 Foot - No Movement	1 min	L								
		R								
Golf Swing with Med. Ball	30	L								
		R								

FLEXIBILITY TRAINING										
Seated Figure 4	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seated Crossover	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Back of Shoulder Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Hamstring Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Back Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Hip Flexor Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pec Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wrist Stretch – Extension	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wrist Stretch – Flexion	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Inner Thigh Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Standing Quad Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Front of Shoulder Stretch	30 sec	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Foam Rolling - IT	30 sec	L R								
Foam Rolling - Calf	30 sec	L R								
Foam Rolling - Glute	30 sec									
Special Notes:	30 sec									

WEEK SEVEN & EIGHT			DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
STRENGTH TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Leg Press - Max Weight	30 each leg	L R								
Plank with 1 Leg	1 min									
Glute Press - Max Weight	30	L R								
Rotator Cuff – In	30	L R								
Rotator Cuff – Out	30									
T-Rotations - No Movement	30 sec each side	L R								
Inner Thigh Press	30	L R								
Outer Thigh Press	30									
Toe Taps	30	L R	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Wall Slide - Max Hold	Max Hold									
Rhomboid Exercise on Ball	30									
Wrist Extensions - Remove Instability	30	L R								
Wrist Curls - Remove Instability	30	L R								
Calf Exercise - Add Weight	30		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Golf Swing on Exercise Ball	30	L R								

Back Extension from Plank	3 (10 sec)	L								
		R								
Dumbbell Row - Max Weight	30	L								
		R								
Touch Your Toes	30	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								

BALANCE & PLYOMETRIC TRAINING	REPS		WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
Weight Shift w/Med. Ball	30	L								
		R								
Balance on 1 Foot - Add Movement	1 min									
Chest Press w/Med. Ball	30									
FLEXIBILITY TRAINING										
Seated Figure 4	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Seated Crossover	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Back of Shoulder Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Hamstring Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Back Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Hip Flexor Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Pec Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Wrist Stretch – Extension	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Wrist Stretch – Flexion	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Inner Thigh Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Standing Quad Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Front of Shoulder Stretch	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								
Foam Rolling - Special Notes	30 sec	L	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
		R								