



# CORE WORKOUTS FOR GOLF



WAKE UP GOLF SERIES



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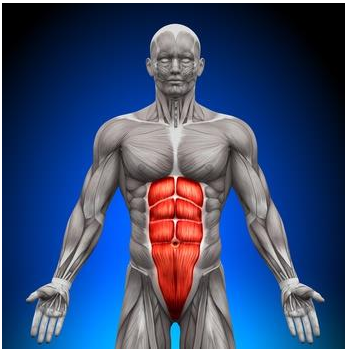
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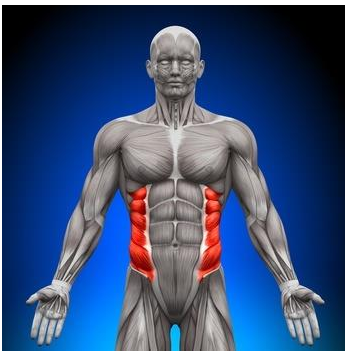


# CORE TRAINING

## Why Train the Core for Golf?



When someone talks about their “core”, they're referring to the muscles that go deep within the abs and back attaching to the spine or pelvis. A few of these muscles are the transversus abdominis (TVA), the muscles of the pelvic floor, the lats and the obliques.



The core muscles are the origination point for stability and movement in the golf swing. Stronger core muscles convert to better balance and a more powerful swing. They act to produce power,

stabilization and the transference of energy.

If you are lacking distance off the tee or on the fairway, you should always look to your core muscles for strengthening.



### 3 Types of Core Exercises

- **Core Stabilization Exercises**



If you have any excess movement in your golf swing, then you likely need more stability. Stability refers to your ability to control your body both statically and

dynamically. With a stable body, you can effectively transfer power from your lower body to your upper body. One of the best exercises to increase core stability is “the plank”.

- **Core Rotational Exercises**

While core stabilization exercises are simple isometric positions which mean you assume a position and hold it to build better strength, there are also core rotational exercises.



Once you have built solid strength, it's time to begin using golf swing style motions to take your strength to the next level. Examples of core rotational exercises include a lunge with a medicine ball rotation, sitting medicine ball



rotations or standing torso rotations. Each of these exercises mimic the rotation used in the golf swing.

- **Core Strength Exercises**



You know you need a stable body and need to maximize your rotation as stated above through different

styles of core exercises. However, you also need solid core strength. This is the base that helps you build better rotation and produce the best outcome for your game.

### **3 Core Principles to Follow**

You want a good golf swing that produces power? Real power is built from the ground up. It is the chain reaction of good positions that reflect good movement patterns. If there is one weak link, the chain is only as strong as its weakest link. This is true for any sport and especially true for the golf swing.

To transfer power to the ball in a controlled manner shows us how important it is to have that chain of body parts optimized in every way.

Here are some of the things to consider when setting up the body for proper power production.

- A solid base to work off (contact to the ground)



- Alignment of all parts (spine angle)
- Solid connection between all joints (core, muscles and connective tissue)
- Synchronization of all moving parts (nervous system)
- Uninterrupted transfer of power through the body (flow)

Our nervous system is our control unit which learns by repetition. What our body does most, it will remember best and therefore repeat when asked. This is the reason we need to take our training seriously and concentrate on every move we do, no matter how easy of an exercise we perform. Each exercise needs to be executed perfectly every time.

Through the right training, you will see results that contribute roughly 50% by getting mechanically stronger (muscles, connective tissue, flexibility, etc.) and roughly 50% improvement of your nervous system knowing what muscles to fire and at what time.

The right firing order is very important because it teaches our individual body parts to move in a synchronized fashion to efficiently create and deliver power.

Remember that performing different exercises are simply a tool to teach your body how to move most efficiently and with better control. This is why technique and concentration is so important.



If you know the specific purpose of an exercise and the correct way to perform it, then you are more likely to see the direct benefits to your body and your game.

Here are 3 important core principles to follow as you perform the exercises and programs in this book.

### **Principle 1: Feel Your Base of Support**

We know how important a good base is for any sport. Just try standing on some balance pads or on a steep slope in a bunker and instantly you wish for a better connection to the ground. When we move our limbs away from our body we create a load and leverage that will affect our center of gravity. This load wants to pull us over.

Just look at a crane. It's easy to see how important the base is... the further away and heavier the load, the stronger it has to be. In order to produce power, we need to push against the ground so we can load up our muscles.

If you are not well connected to the ground, you miss out greatly on that effect. The rotation during the golf swing creates another load that wants to move our body away from our base. Consider the forces of the driver's head traveling at about 60 mph in the back swing and in an instant you reverse the direction of that force as you turn to your downswing.

Balance has a great impact on your ability to hold your base. Whenever possible, it is best to perform exercises while standing. These positions help mimic



the golf swing and the pressures against your base of support. You will also rely very little, if at all, on your own body weight or with simple strength tools like dumbbells or kettlebells as opposed to seated machines.

You want to feel your feet connected to the ground, balanced between the front and the back of your foot. This will require a little more effort than “just standing there”.

## **Principle 2: Maintaining Body Alignment**

Our axis is our spine angle and it's very important that this is set up correctly. As our body is centered around our spine, it is important to keep it this way while performing an exercise.

The angle of our spine will influence balance, the production and transfer of power, direction control, and injury through compensation.

The power we produce through the use of our lower body, the mid section and upper body has to be transferred along the spine to our target point which is the club. Any deviation off of that straight line will translate into loss of power.

Many times other parts of our body (i.e. the shoulder) try to compensate for the effect of a bad spine angle. This compensation often results in an overload of a certain joint or its connective tissue and overuse or injury will occur.



It is also important that your shoulders are square and parallel to the floor. If you dip or push down on one shoulder, the load on your spine will increase on that side and the spine will have to bend.

Good alignment in the spine is achieved by creating and holding a good base, by engaging your core muscles, good balance, keeping your shoulders square and awareness of where your body parts are at any given time during an exercise. All this has to be learned.

### **Principle 3: Abs Engaged**

“Abs tucked in, back in neutral.” This is your best position of power and strength. This is your base of support.

The activation of your core will give you many benefits:

- It connects your upper and lower body into one powerful unit
- It transfers power from the bottom to the top
- It creates stability
- It creates rotational power
- It protects your spine
- It keeps your spine angle straight
- It compact's all the organ's in your mid section and keeps them from excessive movement
- It defines the center of your body

Many people have lost their ability to engage their core muscles at all or at the right time. Combined with



a very weak mid section, these things will often lead to lower back problems.

We want to engage our core every time we start moving any of the limbs to protect our spine from the created load and also assure stability in our stance. To do this takes a lot of practice. It has to be done over and over again with every single move we make. Concentration and repetition is the key.

## **How to Engage Your Core**

Standing in the upright position with your good base and straight spine, pull your belly button in and up, and you should feel some pressure against your lower spine from the stomach wall pushing back. In this position you might also feel that your rib cage has lifted some and the breathing might be a little restricted. That is normal at the beginning as you have to learn how to disassociate your core from the upper body.

Try to relax the upper and lower body adjacent to your mid section so they can move freely while your core is tight. This will take some time and practice, but once achieved will make a huge difference in your stability and strength.

There are two good ways to practice. First, stand with your back toward the wall with your heels, glutes, shoulders and head resting against the wall. Place one hand behind the small of your back. Now draw your belly button in and up against the wall, feel the



pressure against your hand. In this position learn to relax the rest of your body and try to breathe relaxed as well.

Hold for 20-30 seconds, let go and rest for 10-20 seconds, then repeat 4-5 times.

The second way is to get into the described position standing away from the wall. The abs are pulled in and the rest of the body is relaxed. Now rotate your upper body from one side to the other with your arms hanging freely. If you are relaxed, your arms should swing freely in front of you through the rotational forces while your core remains tight throughout.

This “abs in” engagement needs to be started before any movement. Remember we want to teach our nervous system to do it automatically every time, so repetition is the key. You don’t want to miss any opportunity to learn it.

For every exercise that has a change of direction, the core has to be re-tightened. For example, try a simple forward lunge. You set up your body and pull your abs in, then you step forward into the front lunge position.

When you begin the push with your front leg to get back to the starting position, you will re-tighten your abs again. This will keep you stable during the whole exercise and it will help produce and transfer power from the upper and lower body to create a strong push back.



Once you learn proper core engagement, it can be used in the swing where at the address of the ball your core is set and at the transition from the back swing to the down swing it will be reset again. That will give you stability and connection through the backswing and at the critical change of direction to the downswing.

Once you get very efficient and comfortable with the engagement and use of the core and you learn how to let your body work for you, you will be able to “locate” the center of your body, which is located approx. 1" below your belly button.

When your body learns to rotate around that center all movement becomes much more efficient and almost effortless. That is without a doubt the best feeling you can have in a sport.

You probably have had that “perfect” drive, where everything felt just right and there was no strain anywhere on your body or extra effort. It is something we learn through proper exercises and repetition.



## Core Test



### Directions:

- Cut a string long enough to tie around your waist. (or place your thumb against your belt buckle or the inside of your pants against your inside button)
- Stand upright.
- Tie the string around your waist so that it is taut (somewhat tight).
- Place an object in front of you, then bend down and pick up the object.

Repeat this test a few times and score yourself based upon what typically happens to the string when you bend down:

- the string feels tighter around your midsection
- the string feels the same as it did before you bent down



—the string feels looser around your torso

### **Comments:**

This is a test to see how well you engaged your core during movement. This can be a significant source of power gain or loss in your swing depending on how well you perform this test. The correct answer would have been that the ‘string feels looser around your torso’.

Why is this?

When you are in correct set up posture, your abs are slightly taut or drawn in. Your base is stable and the swing motion occurs from here.

Would you be surprised to learn less than 10% of golfers pass this test? They may perform ab exercises yet they have no idea what it means to ‘engage their core’.

### **Standing Dynamic Balance**





## **Directions:**

Start in an athletic golf posture and fold both hands across your chest. If you are right-handed, now move your right foot behind you and off the ground several inches. If you are left-handed, keep your right foot on the ground and do this with your left foot. Keeping your hands on your chest, rotate to a “follow-through” position and notice what is happening with your balance, knee and hip movement.

—your knees and/or ankles are moving rapidly and you are off balance

—you have excessive movement at either the knee or the ankle

—you maintained your balance and have very minimal movement at your ankles and knees,

## **Comments:**

If you have a lot of movement at the knee or ankle or are clearly off balance, then this is likely happening in your swing as well. This is the likely source of a source of a number of swing faults. By performing the right exercises to help you have more balance, you may be surprised to see your golf swing improve.

If you have failed this test, be sure to start with some of the Balance/Stability core workouts in this book.



## Core Training Exercise

Tuck one hand underneath your lower back and the other hand touches your mid stomach muscles.

Begin this exercise by pulling in your stomach muscles so that your low back feels flat against your lower hand.

Perform this exercise several times while focusing on the motion and 'feel' of flattening your low back against your hand and towards the floor. This re-enforces the feeling of a neutral posture position.

When you're ready, lift your knees to a 45 degree position and see if you can keep the same neutral position with your posture.

Many golfers will feel a loss of the tension in their abdominal muscles. This is a sign that you need additional strengthening and re-enforcing exercises for your mid section and postural muscles.





If you completed stage 2 without any problem, try progressing to alternating leg lifts between your left and right while still concentrating on the same neutral posture position.

Are you shifting from a 'soft belly' to 'hard belly' feeling in your stomach muscles or are you able to hold the same relative tension in your mid section throughout? This will be a strong indication of your ability to hold a solid spine angle throughout your golf swing when needed.

## How To Use This Guide

As you will see, this is the ultimate guide on core workouts for golf with more than 40 individual workouts. The goal in offering this book was to create a comprehensive resource, yet be simple to understand and follow.

Each program has only 5 exercises to complete. I have also listed the number of repetitions for each exercise.

Here are some recommendations on how best to get started.

*What do you have available for workouts?*

If you prefer to work out at home without access to any equipment, then you should start with core workouts in the Bodyweight Only category.

If you have access to a full gym or home workout equipment, then I would start with this category.



Each core workout series is set up by the type of equipment, if any, you have access to.

Another important criteria you can use is whether you have any particular issues you are dealing with at this time. As an example, let's say you have a problem with separation in your upper and lower body in your swing. Perhaps you should start with the **Rotation** core workouts.

So, either start by selecting a program based on an issue you want to address (rotation, balance, strength, etc.) or based on the equipment you have access to.

You can also mix and match.

Let's say you have an issue with Balance, but also want to work on Rotation. Let's also say you want to work out 3 days a week. Then choose Rotation 1 for Monday. Balance 1 for Wednesday. Rotation 1 (again) for Saturday.

*Should I start on beginner, intermediate or advanced?*

Once you have decided which category to start with based on the equipment you have available, it's time to decide which level. If you are new to exercise or haven't exercised in a while, it is best to start with the beginner level 1.

If you have been exercising for some time, start with the intermediate or advanced programs.



Progressions are already built in to each series. For example, if you start with Beginner 1, then go to Beginner 2, then Beginner 3, then Intermediate 1, etc.

If you are starting with Intermediate 1, then move to Intermediate 2, etc.

*How many sets should I do?*

There are two main ways to use these core workouts. If you have been working out for a while and have a program you follow (like Body for Golf), then you can use the core workouts as ‘finishers’. This means you can choose one core program to complete at the end of your regular workout.

You can also do one core workout as a ‘primer’ before you start your regular workout program. In this situation, you only need to complete one round of the core exercises for the number of repetitions suggested with each exercise.

In many cases, golfers will use the core workouts as their primary (and only) workout routine. In this case, I would suggest performing 2 to 4 rounds of the workout program you choose. For example, if you start on ‘Balance and Stability’ workouts 1, then perform the 5 exercises in that group for the suggested number of repetitions, 2 to 4 times.

The number of rounds you perform will be determined on how much time you have that day as well as how difficult each program is for you.





**BODYWEIGHT ONLY**



# CORE BEGINNER 1



## Lying Glute Squeeze – 8 to 10 reps

Lie on your back with your knees bent. Lift hips while squeezing your glute muscles all the way to the top. As you become more experienced, try lifting your toes off the ground for a greater challenge.



## Good Mornings – 8 to 10 reps

Stand with your feet hip-width apart. Your hands behind your head with elbows opened wide. Pull your abs in and lower your body until your back is almost parallel to the floor. Keep a slight bend in your knees.



## Core Shoulder Swings – 8 to 10 reps per side

Hold dumbbells in each hand while bending forward at the hip. Keep your abs tight. One arm goes forward and the other back to shoulder level. Reverse the movement. Make sure the movement is slow and controlled.



## Alternating Arms and Legs – 10 to 12 reps per side

Tighten your abs and slightly squeeze your glutes in order to press the small of your lower back into the floor. Alternate arm and leg movements together.

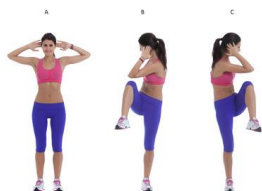


## Side Plank – 15 to 30 seconds per side

Lie on your side with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position. Push off your elbow and feet. Keep the body position in a straight line.



## CORE BEGINNER 2



### Cross Knees to Elbows – 8 to 10 reps per side

Start with your feet shoulder width apart, hands behind your head, and keep good posture. Bring your left knee up to meet your right elbow. Return back to the starting position and repeat with opposite side.



### Front Plank – 15 to 30 sec hold

Start in a push up position with your forearms on the floor. Flex your feet so that your toes are on the ground. Keep your body in a straight line and your stomach muscles tight. Keep your head and neck relaxed.



### Shoulder Stabilizers – 8 to 10 reps

Lie on your stomach on the floor. Flex your feet with toes on the ground. Keep your body in a straight line. Keep your head and neck relaxed. Lift your upper body off the ground with thumbs pointed up.



### Reverse Crunches – 15 to 20 reps

Lie on your back with your legs pointed to the ceiling. Lay your hands to your side for support. Lift your hips a couple inches off the floor by contracting your abs (as opposed to simply lifting the hips). Hold and Release.



### Sitting Rotation– 8 to 10 reps per side

Sit on the ground with one leg extended. Cross opposite leg over with bent knee. Extend one arm out and across your body using your knee as leverage.



# CORE BEGINNER 3



## **Alternating Arm & Leg – 10 to 12 reps per side**

Kneel on the ground and place your hands under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up.



## **Toe Touches – 8 to 10 reps per side**

Sit on the ground then lift yourself up with straight arms and bent knees. Lift one leg straight up and try and touch it with your opposite arm. Repeat with opposite side.



## **Side Lunges – 8 to 10 reps per side**

Place a golf club across your shoulders with good posture and feet slightly wider than shoulder width apart. Step to the side with one leg, bending at the knee. As your bent leg lands, assume a squat position.



## **Oblique Rotation – 8 to 10 reps per side**

Sit on the floor with your knees bent and your upper body leaning back enough to create some tension in your ab muscles. Make sure you do not feel it in your low back. Bring arms to one side, then rotate to the other side.



## **Side Plank Hip Raise – 8 to 10 reps per side**

Lie on your side with your feet stacked on a stair or step. You will be supporting your upper body with your bent arm. Hips are resting on the ground. Slowly raise your hips up while engaging your ab muscles.



# CORE BEGINNER 4



## **Lying Side Raises – 6 to 8 reps per side**

Lie on your side with legs extended and your bottom arm extended. The top arm will be bent so you can use it as leverage to help yourself up. Perform a side crunch by slowly lifting your upper body and legs off the ground.



## **Standing Side Bend – 8 to 10 reps per side**

Stand with good posture and knees slightly bent. The opposite hand will be on your stomach. Pull in your abs muscles slightly and bend to the opposite side. You are not leaning, but rather bending at the waist.



## **Reverse Crunches – 12 to 15 reps**

Lie on your back with legs pointed up. Push through your heels all the way up, lifting your glutes and contracting your abs.



## **Lying Side Crunches – 10 to 12 reps per side**

Lie down with your knees bent. Your arms will be at your side. If you choose, you can place one hand behind your head for support. Engage your abs and slowly move one arm towards your ankle in a side bend.



# CORE INTERMEDIATE 1



## **Stand and Reach – 8 to 10 reps per side**

Stand with good posture and both knees slightly bent. Pick one foot off the ground and lean forward with both hands in front of your body. Keep your mid section tight.



## **Leg Circles – 10 to 15 reps per side**

Place your hand on the floor, directly under your shoulder. Place your bottom knee under your hip. Lift your top leg in line with your top hip. While moving from the hip, draw 10 small circles in one direction, and then reverse the circle for another 10 repetitions. Switch sides.



## **Side Plank Toe Touches – 8 to 10 reps per side**

Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.



## **Lunge to Lift – 8 to 10 reps per side**

Take a step forward into a lunge position. Push through your front heel to lift yourself back up to where you started. When you return, see if you can keep that front foot off the ground and into a standing position with your knee up.



## **Upright Crunches – 10 to 12 reps per side**

Balance on your glutes with your abs squeezed in to protect your back. Extend one leg and both arms in front of you. Bring in one knee at a time, alternating between extended leg and bent knee. Continue in a slow controlled fashion.



## CORE INTERMEDIATE 2



### **Lunge to Rotation – 8 to 10 reps per side**

Begin by standing with good posture and feet shoulder width apart. Lower your body into a lunge position. As you approach the bottom, begin rotating your upper body towards your forward bent knee. Push off your front foot and return to the start.



### **Bend and Rotate – 8 to 10 reps per side**

Place one foot forward and one back with your weight on your forward foot. Bend your knees and bend at the waist. Hands behind your head. Pull in your ab muscles so that your back is flat. Turn to one side while also lifting your upper body back to a standing position. Breathe out on the turn.



### **Seated Twists – 8 to 10 reps per side**

Sit on the ground with your knees bent, pull your abs to your spine, and lean back a few inches while lifting your feet off the floor. Be sure to keep your back straight. Reach your arms out in front of you, and turn to the right, then to the left.



### **Elevated Hip Lift – 8 to 10 reps per side**

Lie on your side. Lift your upper body up to rest on your right side elbow. Lift your hips off the ground and pull in your ab muscles. Lift your top leg up with your toes pointed forward.



### **Split V's – 8 to 10 reps per side**

Lie on your back with your feet extended in a wide V pattern. Raise your upper body into an ab crunch as you reach your hands through the V. Keep your ab muscles tight and your low back against the floor.



# CORE INTERMEDIATE 3



## Leg Circles – 10 to 15 reps per side

Place your hand on the floor, directly under your shoulder. Place your bottom knee under your hip. Lift your top leg in line with your top hip. While moving from the hip, draw 10 small circles in one direction, and then reverse the circle for another 10 repetitions. Switch sides.



## Cross Body Planks – 6 to 8 reps per side

Starting with your hands shoulder width apart and your upper body elevated. Your feet are also shoulder width apart and lower body is elevated onto your toes. Keep your body in a straight line without slumping or bending in your middle. Take one hand and fold it across your body while keeping your body in the same straight position.



## Alternating Ab Clap – 10 to 12 reps per side

Lie on your back with leg extended out. Bring in one knee towards your chest as you also raise your upper body. Clap behind your bent knee, then return to the start.



## Windmills – 8 to 10 reps per side

Begin with your feet shoulder width apart and your left leg lifted off the ground behind you. Arms are extended out to each side. Once you have good balance, bend down and see if you can touch your foot with your right hand. Repeat with your opposite side.



## Ball Touches – 10 to 12 reps per side

Lie on your back with legs extended out. Hold a fitness ball in your hands. Raise your upper body and one leg into a crunch position. Be sure to keep your ab muscles tight and your low back on the ground.



# CORE **ADVANCED 1**



## **Lift to Lunge – 8 to 10 reps per side**

Begin by standing with good posture and feet shoulder width apart. Lower your body into a lunge position. Once you approach the bottom of the movement, push off your front foot and return to your start position.



## **Side Plank w Leg Lift – 8 to 10 reps per side**

Lie on your side with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position. Push off your elbow and feet as you support your midsection in the air. Keep the body position in a straight line. Start the movement by picking up your top leg and lifting it up.



## **Advanced Glute Bridge – 8 to 10 reps per side**

Lie down on the floor with your knees bent and your hands at your side. Lift your toes off the ground. Engage your abs and glutes, then slowly lift your hips off the ground while extending one leg up. Keep the extended leg in alignment with your opposite knee.



## **Ab Scissors – 8 to 10 reps per side**

Lie on your back with your low back in a neutral position and abs tight. Pick both feet off the ground and criss cross them in the air for the suggested number of reps. Make sure you do not feel this in your back.



## **Plank w Leg Rotation – 8 to 10 reps per side**

Start with your hands shoulder width apart and your upper body elevated. Your feet are also shoulder width apart. Keep your body in a straight line. Bring in one knee towards your opposite shoulder. Keep your abs tight.



# CORE ADVANCED 2



## **Plank to Rotation – 8 to 10 reps per side**

Begin in an elevated push up position with legs fully extended and arms directly beneath your shoulders. Contract your abs. Begin by rotating your entire body so that your trunk is now facing forward and your arm is straight up forming a T across your shoulders.



## **Advanced Side Plank – 8 to 10 reps per side**

Lie on your side on the floor with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position. Push off your elbow and feet as you support your midsection in the air. Keep the body position in a straight line. Start by bringing your bottom leg up towards your chest.



## **Advanced Plank – 8 to 10 reps per side**

Begin in an elevated push up position with legs fully extended and arms directly beneath your shoulders. Contract your abs. Lift one leg straight up, then slowly lower it. Alternate legs. Try not to lean to one side, but keep your body in balance.



## **Sit & Hold – 15 to 20 seconds**

Balance on your glutes while keeping your spine upright. Bring in knees and hold for a few seconds before releasing. You should feel this in your abs not your back.



## **Standing Bird Dog – 8 to 10 reps per side**

From a standing position, lean forward as you bend from the hips and engage your abs. Lean as far forward as you can while maintaining balance. Lift one leg behind you and extend one arm forward and one arm back. Maintain a neutral spine.



# CORE ADVANCED 3



## Adv Hip Lift – 8 to 10 reps per side

Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.



## Reverse Wood Chop – 8 to 10 reps per side

Start in a squat position with weight slightly over your left foot. Stand up while rotating your arms up and across your body. Extend your arms fully at the top of the movement.



## One Arm Plank – 6 to 8 reps per side

Starting with your hands shoulder width apart and your upper body elevated. Your feet are shoulder width apart and lower body is elevated onto your toes. Keep your body in a straight line. Take one hand and fold it across your body.



## V Ups – 8 to 10 reps

Lie down on your back with arms and legs extended. Lift your upper body and lower body together to meet in the middle. Try to touch your toes. Keep your abs pulled in throughout the movement. Return to the start position and repeat.



## Adv Side Bend – 8 to 10 reps per side

Stand with your feet apart and toes pointed slightly out with arms at your side. Bend to one side as you think about engaging your mid section. Lean to the side as you bend from the waist. One hand will reach towards the floor while the other hand reaches up.





ACCESS TO GYM OR HOME  
WORKOUT EQUIPMENT



# CORE BEGINNER 1



## Cable Side Bends – 10 to 12 reps per side

Stand with your side facing a low pulley. Grasp cable handle with your closest hand. Bend at the waist lowering the cable handle while contracting your side ab muscles. Lower and repeat. Repeat with opposite side.



## SB Arm Lifts – 10 to 12 reps

Lie on your stomach on a ball. Make sure your feet are firmly planted on the ground. The further apart your legs are, the more support you will have. Extend your arms straight up in a V with thumbs facing up toward the ceiling.



## Ball Curls – 8 to 10 reps

Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.



## Hip Raises – 8 to 10 reps

Lie on your back with your arms extended out to each side. Your hips should be raised with your feet underneath your knees. Place your upper body on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles.



## Ball Crunches – 10 to 15 reps

Sit on the ball and "walk" your feet out until you are lying on your back. Hands behind your head. Squeeze your ab muscles and bring your upper body into a crunch position.



# CORE BEGINNER 2



## **Standing Oblique Crunch – 8 to 10 reps per side**

Begin with your feet shoulder width apart and arms extended towards the ceiling while holding one dumbbell. Your knees will remain slightly bent and abs contracted. Lower the arms down and across your body while bringing the opposite knee up into a lift.



## **Shoulder Rotator Strength – 8 to 10 reps**

Begin on your knees with your upper body leaning across a fitness ball. Place a dumbbell in each hand. Bring your arms straight back while bending your elbows and squeezing your shoulder blades together. Next lift your hands up so they are parallel to your elbow and shoulder level. .



## **Lunge to Shoulder Press – 10 to 12 reps per side**

Perform walking lunges and press a dumbbell or medicine ball above your head with each step.



## **Oblique Crunch – 8 to 10 reps per side**

Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands behind your neck and crunch your upper body forward and to the opposite side.



## **One Arm Shoulder Swing – 8 to 10 reps per side**

Hold a kettlebell between your legs using a one handed, overhand grip. Swing it: Keeping the arch in your lower back, bend your hips back until the kettlebell is between and behind your legs; squeeze your glutes to extend your hips and swing the weight up to shoulder level.



# CORE BEGINNER 3



## **Ball Back Extensions – 10 to 15 reps**

Lie face down over the top of the ball with abs in the middle. Your feet are on your toes. Arms are behind your head. Lift your upper body up as you strengthen the lower back muscles.



## **Kneeling Cross Body Pull – 8 to 10 reps per side**

Kneel down with one knee up and the other on the ground. Grab a cable or fitness band in one hand. Pull the weight from a low position to straight across your back. You will be rotating your body slightly. Pull your abs in tight and keep your shoulders down and close to your body.



## **MB Lying Crunches – 8 to 10 reps**

Lie down on the floor on your back. Bend your knees and place a med ball between your knees while arms are behind your head. Engage your abs and glutes, then slowly lift your upper body and lower body together into a crunch.



## **MB Glute Bridge – 8 to 10 reps**

Lie on the floor with your knees bent. Place a med ball between your knees while arms are at your side. Engage your abs and glutes, then slowly lift your hips off the ground.



## **Oblique Rotation – 8 to 10 reps per side**

Sit on the floor with your knees bent and your upper body leaning back enough to create some tension in your ab muscles. Make sure you do not feel it in your low back. Bring arms to one side, then rotate to the other side.



# CORE INTERMEDIATE 1



## Mountain Climbers – 10 to 15 reps per side

Begin by contracting your abs and placing your body in the top of the push-up position. Pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate. Return your leg to the start position. Alternate sides in a rhythmic movement.



## Leg Cross Crunch – 8 to 10 reps per side

Lie across a fitness ball with the top of your hips and low back in contact with the ball. Place one leg across the other and hands touching the back of your head. Contract your abdominals and bring your upper body up into a crunch.



## Side Lying Crunch – 8 to 10 reps per side

Lie across a fitness ball making contact with the top of your hips and oblique muscles. Place your bottom leg firmly on the floor. Your top leg is placed across the top in a bent position. Your hands should remain behind your head. Contract your abs and crunch up and over to the side.



## Kettlebell Swings to Leg Lift – 8 to 10 reps per side

Hold a kb between your legs in a partial squat. Contract your abs and keep good spinal alignment. Lift the weight above your head while extending one leg to the side.



## Low back extensions – 8 to 10 reps

Lie face down over the top of a ball with abs in the middle. Your feet are on your toes. Lift your arms above your head with hands facing in. Extend arms up as far as you comfortably can.



# CORE INTERMEDIATE 2



## **Kneeling Rope Crunches – 8 to 10 reps**

Kneel in front of the cable machine with your body facing the machine. Hold a rope with both hands and keep your elbows in. Contract your abs as you curl your body downward toward your legs.



## **One Arm-One Leg Squat & Pull – 8 to 10 reps per side**

Bend at the knees into a partial squat. Grab a pulley handle (or fitness band) with your left arm while also picking up your left leg. Squeeze your abs and bring the pulley back as you stand up. Keep your elbow tucked in.



## **Stiff Legged Deadlift – 10 to 12 reps**

Make sure to hinge through the hips while maintaining a neutral spine throughout the entire movement. With a barbell in your hands, lean down and lower the bar with your knees slightly bent. You should feel this in your low back and hamstrings.



## **Med Ball Alternating Lunges – 8 to 10 reps per side**

Begin with both feet together holding a medicine ball. Take a large step back and lunge down so your weight is in the middle. Push off your back foot to return to the start position.



## **Swiss Ball V Up – 8 to 10 reps**

Lie down with arms holding a fitness ball and legs extended out. Perform a crunch by bringing in your upper/lower body to the center. Grab the ball with your legs and return to the start position. You will be alternating possession of the ball between your legs and arms.



# CORE INTERMEDIATE 3



## **Barbell Push – 8 to 10 reps per side**

Bend at the knees into a partial squat. Hold a barbell on its side and grab it with one hand. Once in a squat position, push through your heels to return to a standing position while pushing the bar end up and away from your body. You should be using your lower body and core to bring it up.



## **Barbell Rotations – 8 to 10 reps per side**

Stand with your knees slightly bent and holding the end of a barbell with both hands. Rotate the barbell to one side of your body using your core. Keep your stomach muscles tight. Rotate back to the middle, then to the other side.



## **Adv Sit & Hold – 8 to 10 reps**

Sit on the floor with your legs extended out. Place a band or long towel around the bottom of your feet. Lean back slightly while keeping good postural alignment and abs tight. Raise your legs and hold this position for a few seconds, then release.



## **KB Side Plank – 8 to 10 reps per side**

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder.



## **Leg Circles – 10 to 15 reps per side**

Place your hand on the floor, directly under your shoulder. Place your bottom knee under your hip. Lift your top leg in line with your top hip. While moving from the hip, draw 10 small circles in one direction, and then reverse the circle for another 10 repetitions. Switch sides.



# CORE INTERMEDIATE 4



## **Swiss Ball Mountain Climber – 8 to 10 reps per side**

Begin by contracting your abs and placing your body in the top of the push-up position. Pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate. Return your leg to the start position. Alternate sides in a rhythmic movement.



## **Cable Crunch – 8 to 10 reps per side**

Place your feet shoulder width apart with your arms around a cable pulley handle. Hold ab muscles in tight while arms travel across your body from a high to low position. Return to the start position and repeat.



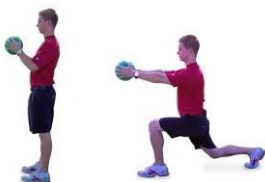
## **Ball Rope Crunches – 10 to 15 reps**

Lie across a fitness ball while holding your hands on a rope attached to a cable pulley. Keep your elbows in. Begin by crunching your upper body up towards your hips. Keep abs firmly contracted throughout movement.



## **MB Side Lift – 8 to 10 reps per side**

Lie on your side with your elbows beneath your shoulders and your legs extended out. Place a med ball between your feet. Contract your abs and lift your legs up to the side. Return to the starting point and repeat.

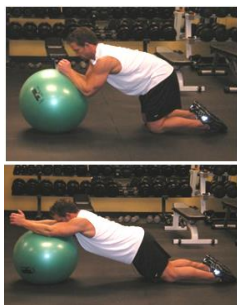


## **MB Reverse Lunge – 8 to 10 reps per side**

Begin with both feet together holding a medicine ball. Take a large step back and lunge down so your body is in the middle. Push off your back foot to return to the start position. Now take a step back with your opposite leg.



# CORE ADVANCED 1



## **Kneeling Roll Out – 3 to 5 reps (3 sec hold)**

Begin in a kneeling position with your hands and elbows on the ball. Make sure your abs are contracted and your back is flat. Slowly begin rolling the ball forward. Hold the final position for 1 to 2 seconds and return to the start position.



## **Squat to Press – 8 to 10 reps per side**

Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise your hand out above your head as you raise your body up. Bend your knees and lower the dumbbell back to the ground.



## **Kettlebell Single Leg Deadlift – 8 to 10 reps per side**

Bend forward and lower your kettlebell toward the floor without losing spine angle. Raise one leg behind you while keeping good spinal alignment with your abs tight.



## **Adv Side Bend – 10 to 12 reps per side**

Stand with your feet apart and toes pointed slightly out. Lean to the side as you bend from the waist. One hand will reach towards the floor while the other hand reaches up.



## **KB Adv Side Plank – 8 to 10 reps per side**

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Lift the kettlebell straight up from your shoulder. At the same time, lift your top leg up.



# CORE ADVANCED 2



## Single Leg Squat – 8 to 10 reps per side

Stand on one foot with one leg behind you. Hold a medicine ball in front of you. Squat as low as you can and push through your heels to return to your start position.



## Advanced Plank – 6 to 8 reps per side

Place both hands on top of a bench with your feet extended. Make sure your body is in one straight line from the shoulders to your ankles. Hold your stomach muscles in tight. Lift one arm off the bench while keeping your body as stable as possible.



## Ab Tuck In – 8 to 10 reps per side

In a push up position, place your feet on the ball. Hold your spine straight and maintain head and neck alignment. Draw your legs under your body, keeping your abs contracted throughout the movement.



## Hip Raises – 8 to 10 reps per side

Lie on your back with your arms extended out to each side. Your hips should be raised with your feet underneath your knees. Place your upper body on top of an exercise ball. Lower your hips, then raise them back to the start. Use your glute strength to raise your hips.



## Bridge with Leg Lift – 8 to 10 reps per side

Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Lift one leg off the ball several inches while maintaining the same body line. Hold for 1 to 2 seconds, then return your foot to the starting position.



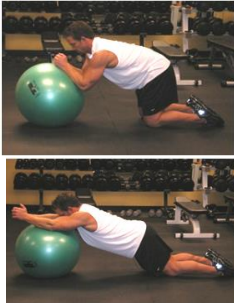


# CORE ADVANCED 3



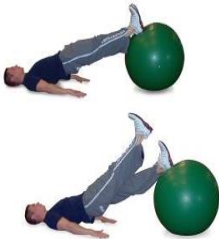
## **Kettlebell Rotations – 8 to 10 reps per side**

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position, then rotate to the opposite side.



## **Kneeling Roll Out – 3 to 5 reps (3 sec hold)**

Begin in a kneeling position with your hands and elbows on the ball. Make sure your abs are contracted and your back is flat. Slowly begin rolling the ball forward. Hold the final position for 1 to 2 seconds and return to the start position.



## **Bridge with Leg Lift – 8 to 10 reps per side**

Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Lift one leg off the ball several inches while maintaining the same body line.



## **Adv Side Plank – 8 to 10 reps per side**

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder.



## **Ball Walks – 3 steps each side**

Place yourself in a push up position with your feet on a fitness ball. Your hands should be directly below your shoulders. Walk two steps to one side with your arms only. Then walk a few steps to the opposite side. Keep your abs tight.





# SPECIALTY GOLF CORE WORKOUTS



# CORE BALANCE/STABILITY 1



## Core Reach – 8 to 10 reps per side

Balance on one leg with hands clasped in front of you. Contract your abs. Lean forward from the hip, extending one leg back while reaching forward with your arms. Work hard to stay balanced and maintain good body position.



## Windmill – 6 to 8 reps per side

Stand with your feet shoulder width apart and knees slightly bent. Lean forward while bending at the hip. Arms are extended out to each side. One leg is lifted behind you. Once you feel stable, turn one of your arms down to touch your toe. The opposite arm is behind you.



## MB Rotations – 8 to 10 reps per side

Start by standing on one leg with knee flexed. Hold a 2-4 lb medicine ball out directly in front of chest with arms extended. Rotate your shoulders as if you are performing your backswing. Then rotate to your follow through.



## Lunge to Lift – 6 to 8 reps per side

Begin by standing with good posture and feet shoulder width apart. Lower your body into a lunge position. Once you approach the bottom of the movement, push off your front foot and return to your start position.



## Balance Partial Squats – 8 to 10 reps

Choose a balance board, pads or other unstable surface. Most gyms have these available. Perform partial squats with both feet on an unstable surface. Take your time and use slow controlled movements focusing on pushing through your heels to return.



# CORE BALANCE/STABILITY 2



## **Standing Bird Dog – 8 to 10 reps per side**

From a standing position, lean forward as you bend from the hips and engage your mid section. Lean as far forward as you can while maintaining balance. Lift one leg behind you and extend one arm forward and one arm back.



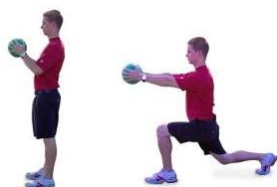
## **Standing Shoulder Turn – 8 to 10 reps per side**

Start by standing on one leg with knee flexed. Cross your arms over your chest. Balancing on your right leg, rotate your shoulders into a backswing motion. Repeat with follow through.



## **One Leg Golf Club Drill – 8 to 10 reps per side**

Start by standing on one leg with knee flexed. ~15 degrees and balance with your club at address position. Take a backswing to a 9 o'clock position then return to address focusing on a proper shoulder turn.



## **Reverse Lunges – 8 to 10 reps per side**

Begin with both feet together holding a medicine ball. Take a large step back and lunge down so your body is in the middle. Push off your back foot to return to the start position.

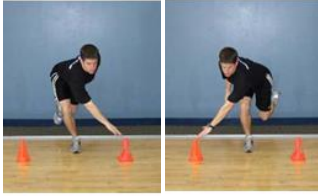


## **Bend and Rotate – 8 to 10 reps per side**

Place one foot forward and one back with your weight on your forward foot. Bend your knees and bend at the waist. Hands behind your head. Pull in your ab muscles so that your back is flat. Turn to one side while also lifting your upper body back to a standing position. Breathe out on the turn.



# CORE BALANCE/STABILITY 3



## Side Touches – 8 to 10 reps per side

Place a cone 2-3 feet off to each side of the body and slightly in front of the body. Stand on the right leg with knee flexed ~15 degrees and slowly reach the left hand to the cone on the right side of the body. Return to upright and then reach the right hand to the cone on the left side of the body.



## Single Leg Deadlift – 8 to 10 reps per side

When performing the Single-Leg RDL make sure to hinge through the hips while maintaining a neutral spine throughout the entire movement. Bend forward and lower your dumbbells toward the floor without losing spine angle.



## MB Alternating Lunges – 8 to 10 reps per side

Begin with both feet together holding a medicine ball. Take a large step back and lunge down so your body is in the middle. Push off your back foot to return to the start position. Now take a step back with your opposite leg.



## Upright Crunches – 10 to 12 reps (Hold 2 sec)

Balance on your glutes with your abs squeezed in to protect your back. Extend one leg and both arms in front of you. Bring in one knee at a time, alternating between legs. Continue in a slow controlled fashion.



## Reverse Wood Chop – 8 to 10 reps per side

Start in a squat position with weight slightly over your left foot. Stand up while rotating your arms up and across your body. Extend your arms fully at the top of the movement.



# CORE POWER 1



## **Split Jump – 6 to 8 reps per side**

Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground. Ensure that the front knee is over the midline of the foot. Extending through both legs, jump as high as possible, swinging your arms to gain lift.



## **Kettlebell Rotations – 8 to 10 reps per side**

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position, then rotate to the opposite side.



## **Jump Squats – 6 to 8 reps per side**

Start in a deep squat position with your hands behind your head. From this position, explosively jump up as high as you can before returning to your starting position.



## **Adv Hip Lift – 8 to 10 reps per side**

Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.



## **Squat to Press – 8 to 10 reps per side**

Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise your hand out above your head as you raise your body up. Bend your knees and lower the dumbbell back to the ground.



# CORE POWER 2



## Single Leg Squat – 6 to 8 reps per side

Stand on one foot with one leg behind you. Hold a medicine ball in front of you. Squat as low as you can and push through your heels to return to your start position.



## Torso Twists – 8 to 10 reps per side

Begin with your feet shoulder width apart and both hands on a kettlebell handle. Knees should be slightly bent. Swing the kettlebell to one side with a controlled movement. Then swing to the opposite side.



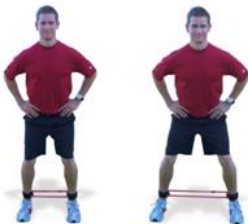
## Kettlebell Side Bends – 8 to 10 reps per side

Stand shoulder width apart with a kettlebell in your left hand. Bend down and try to touch your foot while extending the kettlebell up and above your shoulder. Keep your abs pulled in.



## Jump Squats – 8 to 10 reps per side

Start in a deep squat position with your hands behind your head. From this position, explosively jump up as high as you can before returning to your starting position.



## Hip Walks – 8 to 10 reps per side

Stand where you have room to move 10 to 15 feet laterally. Place a mini band around your feet and ankles so it creates tension around your lower legs. Stand with good posture and knees bent slightly. Take steps to the side while placing emphasis on your outside hip muscles. Try to make the steps progressively larger.



# CORE ROTATION 1



## **Windmill Rotations – 8 to 10 reps per side**

Begin with your feet shoulder width apart. Bring one leg off the ground behind you. Arms are extended out to each side. Once you have good balance, bend down and see if you can touch your foot with your right hand. Repeat with your opposite side.



## **Kneeling Cross Body Pull – 8 to 10 reps per side**

Get on one knee while holding a fitness band or cable. Brace your abs, then rotate to one side, bringing the weight back into a row.



## **MB Cross Body Rotation – 10 to 12 reps per side**

Stand with your feet apart about shoulder width. Hold a medicine ball in both hands above your head. Contract your abdominals and hold them tight throughout movement. Move the ball across your body from high to low in an easy repetitive motion.



## **Upper Body Rotations – 8 to 10 reps per side**

Lie on a fitness ball with your upper back, head and neck on the ball. Your arms will be holding a dumbbell and pointed straight above your chest. Rotate to one side with your upper body while keeping your lower body stable. Return to the start position, then rotate to the other side.



## **Sitting Rotation– 8 to 10 reps per side**

Sit on the ground with one leg extended. Cross opposite leg over with bent knee. Extend one arm out and across your body using your knee as leverage.



# CORE ROTATION 2



## **Kettlebell Rotations – 8 to 10 reps per side**

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Then rotate to the opposite side.



## **Kettlebell Side Bends – 8 to 10 reps per side**

Stand shoulder width apart with a kettlebell in your left hand. Bend down and try to touch your foot while extending the kettlebell up and above your shoulder. Keep your abs pulled in.



## **Torso Twists – 8 to 10 reps per side**

Begin with your feet shoulder width apart and both hands on a kettlebell handle. Knees should be slightly bent. Swing the kettlebell to one side with a controlled movement. Then swing to the opposite side.



## **Knee Touches – 8 to 10 reps per side**

Begin in a push up position with hands directly below your shoulders. Arms should be slightly bent. Bring your right leg up towards your shoulders. You should feel tension in your ab side muscles.



## **Lying Side Crunches – 8 to 10 reps per side**

Lie down on the floor on your back, then bend your knees. Your arms will be at your side. If you choose, you can place one hand behind your head for support. Engage your abs and slowly move one arm to the side towards your ankle. You should feel it in your side ab muscles.



# CORE STRENGTH 1



## **Low Back Extensions – 10 to 15 reps**

Lie face down over the top of the ball with abs in the middle. Your feet are on your toes. Arms are toward the ground. Lift your arms above your head with hands facing in. Extend arms up as far as you comfortably can.



## **Ball Crunches – 15 to 20 reps**

Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands together and crunch your upper body forward. Be sure to contract your abs at the top of the movement for a one-count.



## **DB Side Bend – 8 to 10 reps per side**

Stand with good posture and knees slightly bent. You can hold a dumbbell, kettlebell or nothing in your hands. The opposite hand will be on your stomach. Pull in your stomach muscles slightly and bend to the opposite side. You are not leaning, but rather bending at the waist.



## **Ball Walk – 6 to 8 reps per side**

Place yourself in a push up position with your feet on a fitness ball. Your hands should be directly below your shoulders. Walk two steps to one side with your arms only. Then walk a few steps to the opposite side. Keep your midsection tight.



## **Adv Glute Bridge – 8 to 10 reps per side**

Lie down on the floor. Bend your knees and place your hands at your side. Lift your toes off the ground with heels remaining. Engage your abs and glutes, then slowly lift your hips off the ground while extending one leg up. Keep the extended leg in alignment with your opposite knee.



# CORE STRENGTH 2



## **Single Leg Romanian Deadlift – 8 to 10 reps per side**

When performing the Single-Leg RDL make sure to hinge through the hips while maintaining a neutral spine throughout the entire movement. Bend forward and lower your dumbbells toward the floor without losing spine angle.



## **Kettlebell Side Bends – 8 to 10 reps per side**

Stand shoulder width apart with a kettlebell in your left hand. Bend down and try to touch your foot while extending the kettlebell up and above your shoulder. Keep your abs pulled in.



## **Side Rotations w Plate – 8 to 10 reps per side**

Sit on the floor with your feet touching the ground, your knees bent and your upper body leaning back enough to create some tension in your ab muscles. Make sure your abs are tight. Bring weighted plate down to one side, then rotate to the opposite side.



## **One Arm Plank – 6 to 8 reps per side**

Starting with your hands shoulder width apart on the ground and your upper body elevated. Your feet are shoulder width apart and lower body is elevated onto your toes. Keep your body in a straight line. Take one hand and fold it across your body. Switch to the other hand.



## **Hip Raises – 8 to 10 reps per side**

Lie on your back with your arms extended out to each side. Your hips should be raised with your feet underneath your knees. Place your upper body on top of an exercise ball. Lower your hips, then raise them back to the start.



# CORE STRENGTH 3



## **Kneeling Roll Out – 8 to 10 reps**

Begin in a kneeling position with your hands and elbows on the ball. Make sure your abs are contracted and your back is flat. Slowly begin rolling the ball forward. Hold the final position for 1 to 2 seconds and return to the start position.



## **Single Leg Squat and Reach – 6 to 8 reps per side**

Pick one foot off the ground and lean forward with the dumbbell in front of your body. Go as low as you can while maintaining good posture.



## **Ball Rope Crunches – 12 to 15 reps**

Lie across a fitness ball while holding your hands on a rope attached to a cable pulley. Keep your elbows in. Begin by crunching your upper body up towards your hips. Keep abs firmly contracted throughout movement.



## **Low Back Bridge – 8 to 10 reps per side**

Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bring one knee in towards your chest.



## **Adv Side Plank – 8 to 10 reps per side**

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder.



# CORE SHOULDERS 1



## Cross Body Pull – 8 to 10 reps per side

Stand with good posture with knees slightly flexed and feet shoulder width apart. Place one end of a fitness band underneath your foot and place the other handle in your opposite arm. Palm is facing down. Start from a low cross body position, bring your arm up and across your body and over your shoulder blade.



## Cross Body Pull 2 – 8 to 10 reps per side

Stand with good posture with knees slightly flexed and feet shoulder width apart. Place one end of a fitness band underneath your foot and place the other handle in your opposite arm. Palm is facing up. From a low cross body position, bring your arm up and across your body extending up over your shoulder blade.



## Medial Arm Rotation – 8 to 10 reps per side

Position a cable machine at chest level. Grab the handle with your outside hand and position bent elbow next to your side. Pull the cable across your body, keeping your elbow in the same position.



## Shoulder Internal Rotation – 8 to 10 reps per side

Position a cable machine at chest level. Grab the handle with your closest hand and position bent elbow next to your side. Pull your hand towards your mid stomach, keeping your elbow in the same position.



## Shoulder Stabilizers – 8 to 10 reps

Lie on your stomach on the floor. Arms are extended out to each side. Keep your head and neck relaxed. Lift your upper body off the ground while pointing your thumbs up to the ceiling.



# CORE SHOULDERS 2



## **Kettlebell Swings to Leg Lift – 8 to 10 reps per side**

Hold a kettlebell between your legs using a two handed, overhand grip. Swing it: Keeping the arch in your lower back, bend your hips back until the kettlebell is between your legs; squeeze your glutes to extend your hips and swing the weight up. Lift the weight above your head while raising one leg to the side.



## **Shoulder Cross Body – 8 to 10 reps per side**

Stand in good posture with your feet shoulder width apart. Place a light dumbbell in one hand at your hip level. Raise the dumbbell across your body and up as high as possible while keeping your elbow slightly bent.



## **Shoulder Mobility – 8 to 10 reps**

Place your feet about shoulder width apart and your elbows at shoulder height. Stand against a wall with shoulder blades and hips touching the wall. Contract your stomach muscles and extend your arms straight up trying to maintain contact with the wall.



## **Reach Roll and Lift – 8 to 10 reps per side**

Begin with both hands and knees in contact with the floor. Take your right hand and reach out as far as possible. Then turn your palm up and lift your arm above your shoulder level. Photo credit: amp-training.



## **Shoulder Rotator Strength – 8 to 10 reps**

Begin on your knees with your upper body leaning across a fitness ball. Place a dumbbell in each hand. Bring your arms straight back while bending your elbows and squeezing your shoulder blades together. Next lift your hands up so they are parallel to your elbow and shoulder level.



# CORE POWERFUL HIPS 1



## **Tuck Jumps – 6 to 8 reps**

Begin in a comfortable standing position with your knees slightly bent. Hold your hands to the side with palms facing down. This will be your starting position. Rapidly dip down into a quarter squat and immediately explode upward.



## **Curtsy Lunge – 8 to 10 reps per side**

Stand with your feet hip-width apart, hands out in front of you. Take a big step back with your left leg, crossing it behind your right. Bend your knees and lower your hips until your right thigh is nearly parallel to the floor.



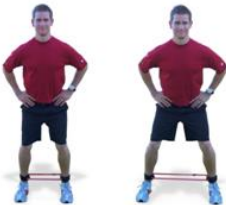
## **Med Ball Side Pass – 8 to 10 reps per side**

Standing tall next to a wall, your feet shoulder-width apart, hold a medicine ball in both hands. Extend your arms fully in front of you so that the ball is at chest height. Keeping your abs tight, rotate your torso away from the wall, quickly reversing the direction to throw the ball against the wall as hard as you can, catching it on the rebound.



## **Elevated Hip Lift – 8 to 10 reps per side**

Lie on your side. Lift your upper body up to rest on your right side elbow. Lift your hips off the ground and pull in your ab muscles. Lift your top leg up with your toes pointed forward. Lower your leg to the starting position, repeat.



## **Hip Walks – 8 to 10 reps per side**

Stand where you have room to move 10 to 15 feet laterally. Place a mini band around your feet and ankles so it creates tension around your lower legs. Stand with good posture and knees bent slightly. Begin the movement by taking steps to the side while placing emphasis on your outside hip muscles. Try to make the steps progressively larger. Perform a separate set for each side.



# CORE POWERFUL HIPS 2



## **Split Jump – 6 to 8 reps per side**

Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground. Ensure that the front knee is over the midline of the foot. Extending through both legs, jump as high as possible, swinging your arms to gain lift.



## **MB Side Lunges – 8 to 10 reps per side**

Grab a light medicine ball (2 to 8 lbs.) Stand with good posture and feet slightly wider than shoulder width apart. Arms should reach forward, fully extended holding the medicine ball. Begin by stepping to the side with one leg, bending at the knee. As your bent leg lands, assume a squat position as you sit back with your bent leg. then push yourself back into the starting position.



## **Hip Lift – 8 to 10 reps per side**

Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.



## **Partial Squat to Rotate – 8 to 10 reps per side**

Place one leg on top of a fitness ball and extend the leg to the side. Lower your body to a full squat position while sitting back on your heels. As you raise your body up, begin rotating away from the ball until you are in a standing position.



## **Jump Squats – 6 to 8 reps**

Start in a deep squat position with your hands behind your head. From this position, explosively jump up as high as you can before returning to your starting position.



# CORE LOW BACK 1



## **Good Mornings – 8 to 10 reps**

Stand with your feet hip-width apart. Your hands behind your head with elbows opened wide. Pull your abs in and lower your body until your back is almost parallel to the floor. Keep a slight bend in your knees.



## **Seated Rows – 10 to 12 reps**

In a seated position with feet extended, place a fitness band around your feet. You will bring the handles closer to your body while squeezing your back muscles. Stay in good posture throughout the exercise. Elbows will be close to your body and move forward and back in a straight line.



## **Ball Crunch – 12 to 15 reps**

Lie across the top of a stability ball with your feet placed firmly on the floor. Your lower back and top of hips will be touching the ball. Place your hands together and crunch your upper body forward. Be sure to contract your abs at the top of the movement for a one-count. Slowly return to the starting position and repeat.



## **Back Extensions – 12 to 15 reps**

Lay face down over a fitness ball while resting on your knees. Place your hands behind your head. Lift your upper body off the ball until your body is in one line from your shoulders to your knee.



## **Alternating Arms and Legs – 8 to 10 reps per side**

Tighten the ab muscles and slightly squeeze the glutes in order to press the small of your lower back into the floor. Alternate arm and leg movements together so the left arm is slowly extended overhead while at the same time the left leg is lifted.



# CORE LOW BACK 2



## **Alternating Arm & Leg – 10 to 12 reps per side**

Kneel on a mat and place your hands on the mat under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up.



## **Low Back Extensions – 10 to 12 reps**

Lie face down over the top of the ball with abs in the middle. Your feet are on your toes. Arms are toward the ground. Lift your arms above your head with palms facing in. Extend arms up as far as you comfortably can.



## **Side Plank –15 to 30 seconds per side**

Lie on your side on the floor with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position. Push off your elbow and feet as you support your midsection in the air. Keep the body position in a straight line from shoulder to heel.



## **Lying Glute Squeeze – 10 to 12 reps**

Lie on your back. Lift hips while squeezing your glute muscles all the way to the top.



## **Alternating Ab Clap – 10 to 12 reps per side**

Lie on your back with leg extended out. Bring in one knee towards your chest as you also raise your upper body. Clap behind your bent knee, then return to the start position.



# CORE KETTLEBELL



## Kettlebell Rotations – 8 to 10 reps per side

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position, then rotate to the opposite side.



## KB Side Bends – 8 to 10 reps per side

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder.



## Adv Side Plank – 8 to 10 reps per side

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder.



## Kettlebell Single Leg Deadlift – 8 to 10 reps per side

Make sure to *hinge through the hips* while maintaining a neutral spine throughout the entire movement. Bend forward and lower your kettlebell toward the floor without losing spine angle.



## One Arm Shoulder Swing – 8 to 10 reps per side

Hold a kettlebell between your legs using a one handed, overhand grip. Swing it: Keeping the arch in your lower back, bend your hips back until the kettlebell is between and behind your legs; squeeze your glutes to extend your hips and swing the weight up to shoulder level.



# CORE KETTLEBELL ADVANCED



## **Kettlebell Plank Row – 8 to 10 reps per side**

Place your upper body in a push up position with your body in one line from your head to your toes. You will be holding a kettlebell in each hand. Lift one arm straight up and back into a row, squeezing your shoulder blades. Try not to shift your body to one side. Work towards keeping the same body alignment.



## **KB Adv Side Plank – 6 to 8 reps per side**

Begin on your side with both feet together and your hand touching the ground. Your arm should be directly below your shoulder level. Your upper arm will be holding a kettlebell. Keep your body in alignment with your abs tucked in. Lift the kettlebell straight up from your shoulder. At the same time, lift your top leg up.



## **Single leg Squat – 8 to 10 reps per side**

Stand on one foot with one leg behind you. Hold a kettlebell in front of you. Squat as low as you can and push through your heel to return to your start position.



## **Shoulder Mobility – 6 to 8 reps per side**

Stand with your feet shoulder width apart and holding a kettlebell. Rotate the kettlebell to the right side over your shoulder. Then move it behind your head. Last, move it over your right shoulder.



## **Kettlebell Swings to Leg Lift – 8 to 10 reps per side**

Hold a kettlebell between your legs using a two handed, overhand grip. Swing it: Keeping the arch in your lower back, bend your hips back until the kettlebell is between and behind your legs; squeeze your glutes to extend your hips and swing the weight up. Lift the weight above your head while extending one leg to the side.



# CORE MEDICINE BALL



## **MB Cross Body Rotations – 12 to 15 reps per side**

Stand with your feet apart about shoulder width. Hold a medicine ball in both hands above your head. Contract your abdominals and hold them tight throughout movement. Move the ball across your body from high to low in an easy repetitive motion.



## **MB Alternating Lunges – 8 to 10 reps per side**

Begin with feet about hip width apart and holding a medicine ball. Take one big step back and lower your body into a lunge position. Your weight should be in the middle. Push through your back leg to return to your starting point. Then switch to the other leg.



## **MB Oblique Crunches – 10 to 12 reps per side**

Lie on your back on the ground while holding a medicine ball with both hands. Move your upper body up and over to the other side of your body. Make sure and keep your abs tight throughout the movement.



## **Med Ball Side Pass – 8 to 10 reps per side**

Standing next to a wall, your feet shoulder-width apart, hold a medicine ball in both hands. Keeping your abs tight, rotate your torso away from the wall, quickly reversing the direction to throw the ball against the wall as hard as you can, catching it on the rebound.



## **MB Glute Bridges – 10 to 15 reps**

Lie down on the floor. Bend your knees and place a med ball between your knees. Engage your abs and glutes, then slowly lift your hips off the ground. Don't let the glutes touch the ground while you perform repetitions.



# CORE DUMBBELL



## Side Lunges – 8 to 10 reps per side

Take a large step with your right foot to the right side and lunge toward the floor. Make sure your right knee does not extend past your toes and keep your left leg relatively straight. Push off through your right foot to return to the start to complete one.



## DB Side Bend – 8 to 10 reps per side

Stand with good posture and knees slightly bent. You can hold a dumbbell, kettlebell or nothing in your hands. The opposite hand will be on your stomach. Pull in your stomach muscles slightly and bend to the opposite side. You are not leaning, but rather bending at the waist.



## One Legged Deadlift – 8 to 10 reps per side

Make sure to *hinge through the hips* while maintaining a neutral spine throughout the entire movement. Bend forward and lower your dumbbells toward the floor without losing spine angle.



## Upper Body Rotations – 8 to 10 reps per side

Lie on a fitness ball with your upper back, head and neck on the ball. Your arms will be holding a dumbbell and pointed straight above your chest. Rotate to one side with your upper body while keeping your lower body stable. Rotate to the other side.



## DB Plank to Rotation – 8 to 10 reps per side

Begin in an elevated push up position with legs fully extended and arms directly beneath your shoulders. Contract your abs. Rotate your entire body so that your trunk is now facing forward and your arm is straight up forming a T across your shoulders.

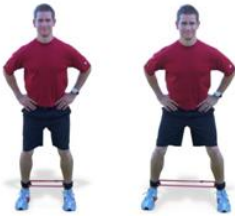


# CORE BANDS



## **Fit Band Rotations – 10 to 12 reps per side**

Stand a few feet away from your fitness band and make sure it is secure. Both feet are shoulder width apart. Grab the handles at the top and move the fitness band across your body from a high to low position.



## **Hip Walks – 8 to 10 reps per side**

Stand where you have room to move 10 to 15 feet laterally. Place a mini band around your feet and ankles so it creates tension around your lower legs. Stand with good posture and knees bent slightly. Begin the movement by taking steps to the side while placing emphasis on your outside hip muscles. Try to make the steps progressively larger. Perform a separate set for each side.



## **Shoulder Rotations – 10 to 12 reps per side**

Hold the fitness band in one hand while it is securely fastened to something low on the ground. Bend your elbow and rotate your hand up, keeping the arm in a 90 degree angle at the top.



## **Seated Rows – 12 to 15 reps**

Place a fitness band around your feet while you are in a seated position. Bring your arms straight back and squeeze your shoulder blades. Keep your elbows next to your body. Keep your head and neck relaxed.



## **Squat to Press – 10 to 12 reps**

Place a fitness band around your feet while holding the handles in each hand. Sit down into a squat, then push through your heels to raise your body to a standing position. Fully extend your arms straight up with palms facing forward.



# CORE **BONUS EXERCISES**



## **One Arm-One Leg Squat & Pull – 8 to 10 reps per side**

Bend at the knees into a partial squat. Grab a pulley handle (or fitness band) with your left arm while also picking up your left leg. Squeeze your abs in slightly. Bring the pulley straight back as you also stand up. Keep your elbow tucked in and squeeze your shoulder blade.



## **MB Alternating Lunges – 8 to 10 reps per side**

Begin with feet about hip width apart and holding a medicine ball. Take one big step back and lower your body into a lunge position. Your weight should be in the middle. Push through your back leg to return to your starting point. Then switch to the other leg.



## **Ball Rope Crunches – 10 to 15 reps**

Lie across a fitness ball while holding your hands on a rope attached to a cable pulley. Keep your elbows in. Begin by crunching your upper body up towards your hips. Keep abs firmly contracted throughout movement.



## **One Legged Deadlift – 8 to 10 reps per side**

When performing the Single-Leg RDL make sure to *hinge through the hips* while maintaining a neutral spine throughout the entire movement. Bend forward and lower your dumbbells toward the floor without losing spine angle.



## **KB Deadlift – 10 to 12 reps**

Bend at the knees into a squat while holding a kettlebell between both hands. Keep your abs tight and your spine in neutral. Knees will be pointed out slightly. Push through your heels and stand back up.



# CORE **BONUS** EXERCISES



## **Side Lunges – 8 to 10 reps per side**

Take a large step with your right foot to the right side and lunge toward the floor. Make sure your right knee does not extend past your toes and keep your left leg relatively straight. Push off through your right foot to return to the start.



## **Kettlebell Rotations – 8 to 10 reps per side**

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position, then rotate to the opposite side.



## **Modified Windmill – 6 to 8 reps per side**

With feet at hip width apart, bend down into a squat position. As you lower your body, sit back and down. As you lower yourself, bring one arm down between your legs and towards the floor and one arm up that stays in line with your shoulder.



## **Reverse Lunge to Kick – 8 to 10 reps per side**

From a standing position, take one big step back and move into a lunge. Using your back leg, push your lower body back up and extend your back leg into a front kick.

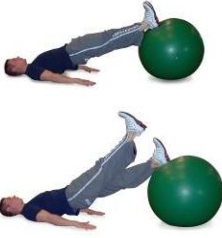


## **Core Reach – 10 to 12 reps per side**

Balance on one leg with hands clasped in front of you. Contract your abdominals. Begin the movement by leaning forward from the hip, extending one leg back while simultaneously reaching forward with your arms. Work hard to stay balanced and maintain good body position. Return to the start position, but try and keep your foot off the ground at all times for an increased challenge.



# CORE **BONUS EXERCISES**



## **Low Back Bridge w Leg Lift – 10 to 12 reps per side**

Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Lift one leg off the ball several inches while maintaining the same body line.



## **Plank to Rotation – 8 to 10 reps per side**

Begin in an elevated push up position with legs fully extended and arms directly beneath your shoulders. Contract your abs. Start by rotating your entire body so that your trunk is now facing forward and your arm is straight up forming a T across your shoulders.



## **Cable Side Bends – 10 to 12 reps per side**

Stand with your side facing a low pulley. Grasp cable handle with your closest hand. Bend at the waist lowering the cable handle while contracting your side ab muscles. You can also use a fitness band.



## **Split Jump – 8 to 10 reps per side**

Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground. Ensure that the front knee is over the midline of the foot. Extending through both legs, jump as high as possible, swinging your arms to gain lift.



## **Med Ball Side Pass – 8 to 10 reps per side**

Stand next to a wall, your feet shoulder-width apart with a medicine ball in both hands. Extend your arms fully in front of you so that the ball is at chest height. Keeping your abs tight, rotate your torso away from the wall, quickly reversing the direction to throw the ball against the wall as hard as you can, catching it on the rebound.



