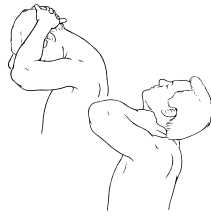


Husky Golf daily Pre lift warm up

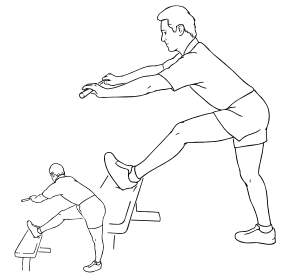
STRETCHING: NECK - 3 Flexion (Assist) / Extension

STRETCHING WITH CLUB - 11 Hamstrings



Facing forward, bring head forward. Gently add a little pressure with hands. Hold 5 seconds. Fingers behind neck, move head back as far as is comfortable. Stop if there is pain. Hold 5 seconds.
Repeat 5 times.

One heel on bench, leg slightly bent, other leg straight. Reach arms forward, keeping back straight. Hold 20 seconds. Repeat with other leg up.



Repeat 2 times on each side

 For greater stretch, reach over leg.

YOGA - 80 Squat

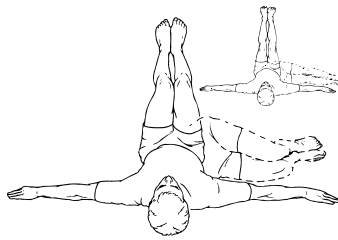
Stand with feet hips width apart, slightly turned out. Squat between feet as low as possible, feet flat on floor. Place elbows inside knees, palms together.

Hold for 20-30seconds repeat 2 times



ADVANCED: Feet close together, wrap arms around shins.

YOGA - 73 Lying Hip Twist



Lie on back, legs in air, bent 90°, arms out to sides, palms flat. Slowly lower legs toward side, upper torso flat.

Hold for 5 seconds Repeat 5-10 times in each direction

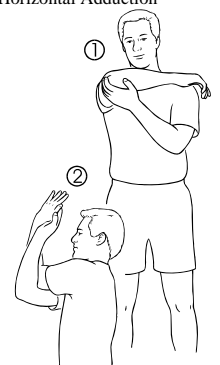
ADVANCED: Keep legs straight.

STRETCH: SHOULDER - 3 Horizontal Adduction

Stretch shoulder inward:

1. Pull arm with other hand until elbow comes to midline.
2. Extend arms in front at shoulder height, crossed at elbow, then clasp hands. Hold 10 seconds. Repeat, switching arms.

Repeat 2 times.



STRETCHING WITH CLUB - 7 Shoulder External Rotation

Standing, feet shoulder width apart, grasp club with one hand palm forward, arm extended above head, and other hand palm back behind back, arm bent elbow down. Pull gently upward. Hold 20 seconds.

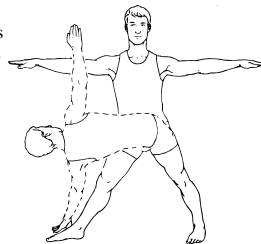
Switch arms and repeat.



Repeat 2 times.

YOGA - 4 Revolved Triangle

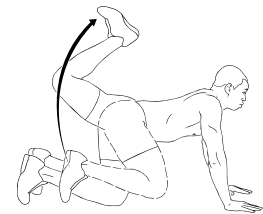
In wide stance, arms extended out, rotate right leg out 90°, left leg in 20°. Twist torso and hips to right. Bend from hips over right leg, left hand reaching to outside of right foot, right arm reaching up. Look to right hand.



Hold for 10-15 seconds Repeat 3-5x on both sides

CAUTION: Do not lock knees.

WARM-UP - 15 Scorpion

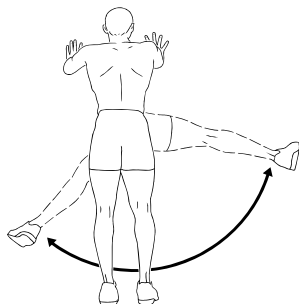


Start in 6-point position. Lift one knee off floor, dorsiflex ankle. Bring knee forward to chest. Extend leg backward pushing foot to ceiling.

Do 2 sets 10-15 reps. Repeat reps with other leg to perform one set.

WARM-UP - 16 Leg Swing: Side

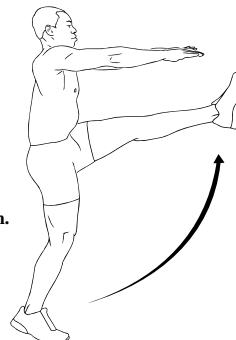
Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.



Do 2 sets 10-15 reps. Repeat reps with other leg to perform one set.

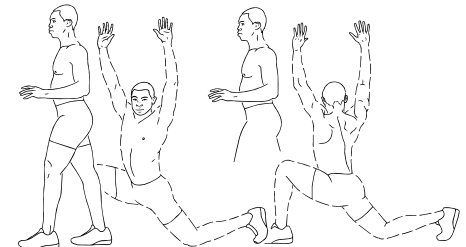
WARM-UP - Husky Walk

Stand on balls of feet, arms forward shoulder level parallel to floor. Keeping legs and back straight, kick one leg up to hands. Head and chest up. **Step forward with raised leg and repeat exercise with other leg. Continue in same direction.**



Left then right is one rep. Do 1 sets 10-15_ reps.

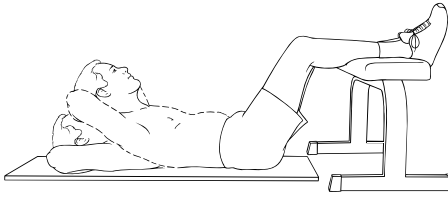
LUNGE - 61 Backward Walking – Twist and Press Up



Backward walking lunge, twist torso in, fully extend arms up and back over head.

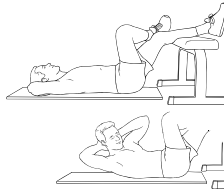
Left then right is one rep. Do 2 sets 10-12 reps. Repeat, torso twisted out for set.

ABS - 2 Crunch



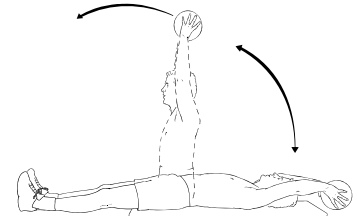
On back, knees supported at 90°, neck supported by hands, lift head and shoulders, keeping elbows wide. Focus on using stomach muscles to lift.
Repeat 12-20 times. Do 2-3 sets

ABS - 3 Diagonal Crunch



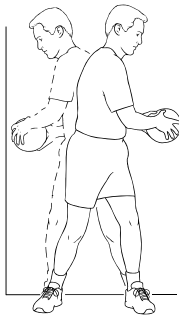
On back, knees supported at 90°, neck supported by hands, one leg crossed over other, lift head and shoulders, keep elbows wide, and bring opposite elbow toward crossing leg. Focus on using stomach muscles to lift.
Repeat 12-20 times with one leg, then other.
Do 2-3 sets

ABS - 4 Ball Toss



Lie on back, holding 5-10 pound medicine ball beyond head. Throw to helper or toss off a wall, coming to sitting position. Catching ball above head, lie down, lowering ball slowly to floor.
Repeat 10 -15 times. Do 1-2 sets

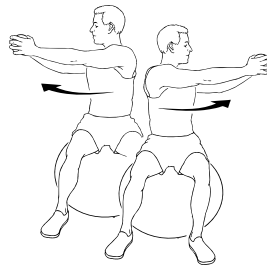
ABS - 8 Standing Abdominals



Stand with back to wall, holding 5-10 pound medicine ball, feet 12 inches from wall. Arms straight, carefully turn to right and touch wall.

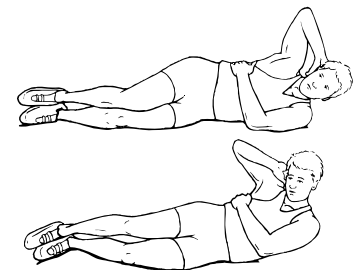
Repeat 10-15 times.
Do 1-2 sets

ABS - 17 Trunk Rotation: Sitting (Dumbbell)



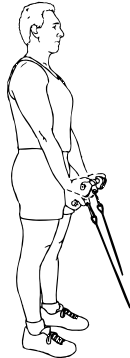
Grasp dumbbell with arms horizontal. Rotate trunk by bringing arms across body. Keep pelvis stable. Repeat to other side. Do 2 sets. Complete 10-15 repetitions.

ABS - 18 Crunch: Side



With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.
Do 2 sets. Complete 10-15 repetitions.

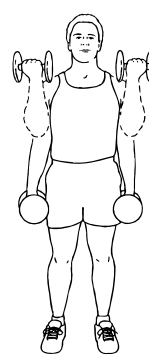
ARMS: FOREARMS - 1 Wrist Curl: Standing (Cable)



Knees slightly bent, flex wrists up as far as possible, keeping arms straight.

Do 2 sets.
Complete 12-20 repetitions.

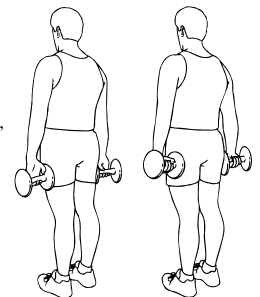
ARMS: BICEPS - 8 Curl: Standing (Dumbbell)



Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.

Do 2-3 sets.
Complete 10-20 repetitions.

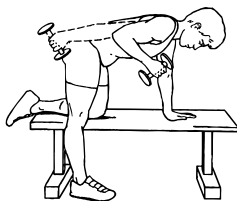
ARMS: FOREARMS - 5 Wrist Curl: Standing Behind Back (Dumbbell)



Knees slightly bent, flex wrists up as far as possible, keeping arms straight.

Do 1-2 sets.
Complete 15-30 repetitions.

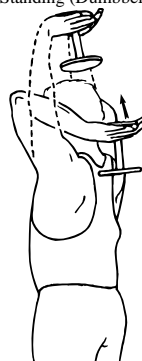
ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)



Straighten arm, keeping upper arm in line with body.

Do 2-3 sets.
Complete 12 -20 repetitions.

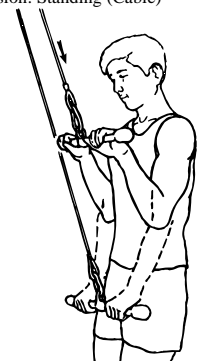
ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)



Knees slightly bent, straighten arms, keeping upper arms close to sides of head.

Do 2 sets.
Complete 6-12 repetitions.

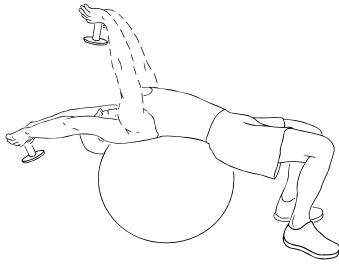
ARMS: TRICEPS - 18 Extension: Standing (Cable)



Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do 2 sets.
Complete 8-15 repetitions.

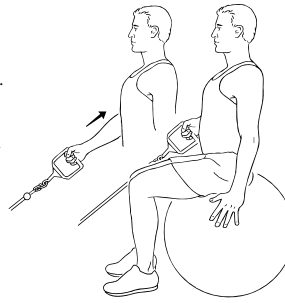
BACK - 1 Pullover (Dumbbell)



Pull dumbbell over chest, keeping elbows straight, trunk bridged. Do 2-3 sets. Complete 6-12 repetitions. You can also do this lying on a bench if you do not have a physioball.

BACK - 10 Row: Single – Sitting (Cable)

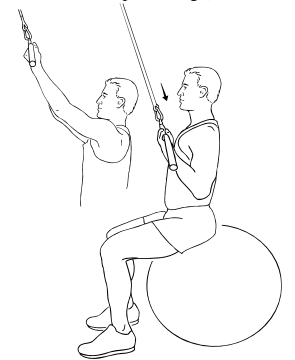
Pull weight to the side of the abdomen, keeping back straight. You can also do 1 arm db rows or machine rows, if you do not have a physioball



Do 2 sets. Complete 10-15 repetitions.

BACK - 17 Pull-Down: Reverse Grip – Sitting (Cable)

With palms facing body, pull weight down to top of chest. Keep low back arched. you can also do regular lat pulls on a machine if you do not have a physioball

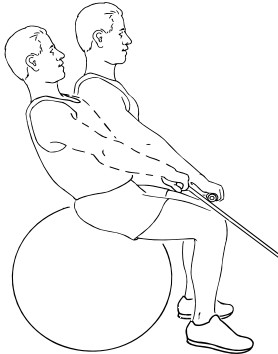


Do 2 sets. Complete 8-15 repetitions.

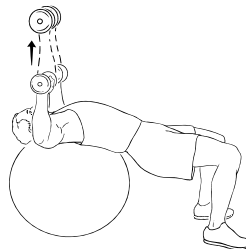
BACK - 22 Extension: Sitting (Cable)

Hold cable in front of chest and extend low back.

Do 2 sets. Complete 10-20 repetitions.

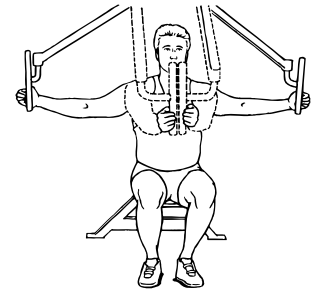


CHEST - 1 Press (Dumbbell)



Press dumbbells over chest while maintaining bridge. Do 2-3 sets. Complete 5-15 repetitions. You can also do dumbbell bench press OR barbell bench press if you do not have a physioball.

CHEST - 52 Fly (Machine)



Bring handles together, keeping elbows slightly bent. Do 2 sets. Complete 8-15 repetitions.

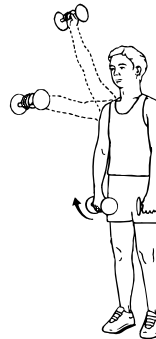
SHOULDERS - 1 Press: Standing (Dumbbell)



Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do 2 sets. Complete 6-12 repetitions.

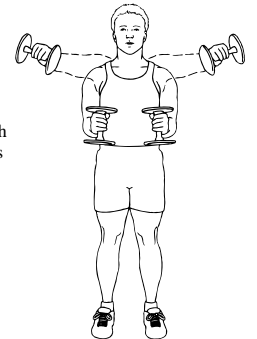
SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)



Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.

Do 2 sets. Complete 8-15 repetitions.

SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)



Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do 2 sets. Complete 8-12 repetitions.

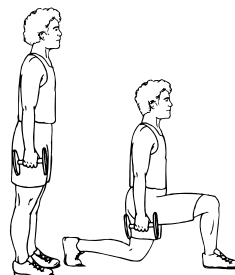
LEGS - 1 Squat Supported (Dumbbell)



Back straight, bend knees, but do not allow them past toes. You can also do without a physioball if you do not have one

Do 2-3 sets. Complete 10-15 repetitions.

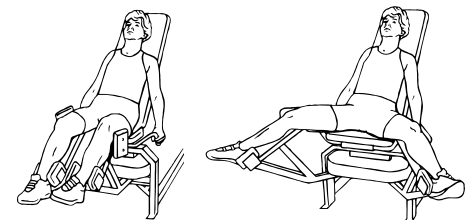
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)



Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

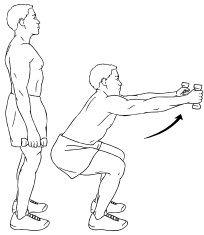
Do 2 sets. Complete 6-12 repetitions.

LEGS: GLUTES / THIGHS - 32 Leg Abduction: Sitting (Machine)



Move legs outward and slowly return to start. Do 2 sets. Complete 12 repetitions.

SQUAT - 21 Dumbbell: Front Raise

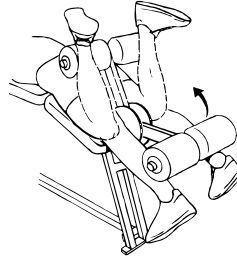


Hold 8-25 lb weights at sides. Bend knees until thighs are parallel to floor, lifting weights forward, arms parallel to floor. Do 6-12 repetitions for 3 sets.

COMPLEX THIS EXERCISE WITH LYING LEG CURLS

LEGS: HAMSTRINGS - 3 Leg Curl: Lying (Machine)

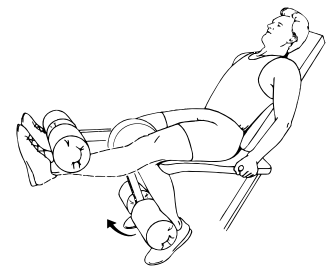
Bring heels as close to buttocks as possible, keeping feet flexed toward knees. Control weight up and down



Do 3 sets of 10-15 reps

COMPLEX THIS EXERCISE WITH LEG EXTENSIONS.

LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)

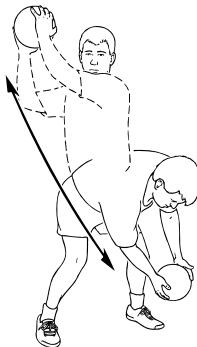


Straighten legs to locked knee position, keeping toes flexed toward knees.

Do 3 sets. Complete 10-15 repetitions.

TRUNK - 11 Ankle Chop

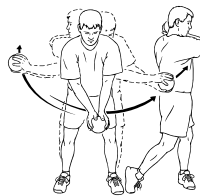
Hold a 12-30 pound ball outside of ankle. Quickly move ball from ankle to above opposite shoulder and return quickly.



Repeat 8-12 times from each side and complete 2-3 sets

COMPLEX THIS EXERCISE WITH MB GOLF SWING

SPORT - 7 Golf: Swing (One Ball)

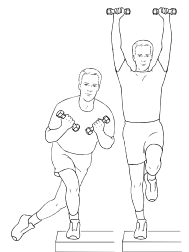


Holding 4-8 pound ball in both hands at address, perform full golf swing, reaching as far as possible both directions. Repeat 10-15 in each direction do 2-3 sets.

COMPLEX THIS EXERCISE WITH LATERAL STEPDOWN AND OVERHEAD PRESS

HIP - 1 Butt Blaster: Posterior Lateral Step Down

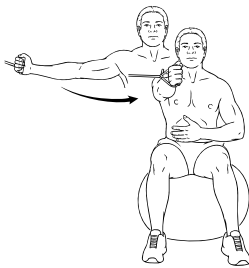
From 4-6" step, reach one leg to side behind stance leg as far as possible, still able to return easily. Return to single leg balance, bring weights to waist. Repeat with other leg. Repeat 8-12 times. Do 3 sets on each side



Before step, hold 10-30 pound dumbbells at:
X knee height.
X shoulder height.
X waist height.
Change it up every week.

STABILITY BALL - 22 One-Arm Chest Fly (Tubing)

One arm out from side at chest level, other hand on abdomen, sweep arm toward midline in front of body. Keep hips still.



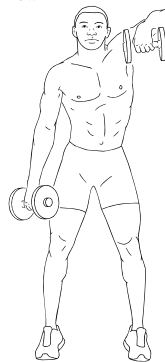
Repeat with other arm.

DO 3 sets of 8-12 repetitions on each arm keep stomach tight

COMPLEX WITH ALTERNATING UPRIGHT ROW

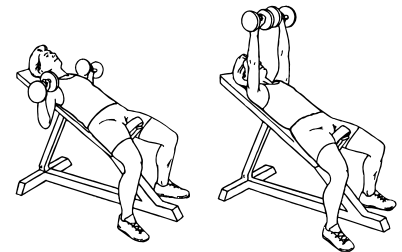
Alternating Standing DB Upright Row

With 5-30lb DB's alternating pulling each weight to shoulder height. Do 2-3 sets of 8-15reps on each arm



COMPLEX THIS WITH DB INCLINE BENCH

CHEST - 16 Bench Press: Incline (Dumbbell)

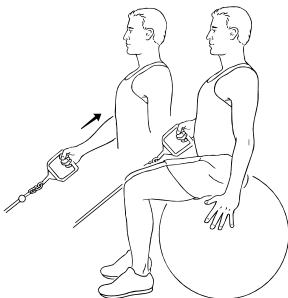


Press to straight arms.

Do 3 sets of 6-15 reps. Change height of incline angle each week for more variety.

BACK - 10 Row: Single - Sitting (Cable)

Pull weight to the side of the abdomen, keeping back straight. you can also do 1 arm cable or machine rows if you do not have a physioball

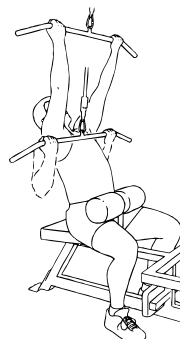


DO 2-3 sets of 8-15 reps.

COMPLEX WITH REVERSE GRIP LAT PULLDOWNS

BACK: LATS - 14 Pull-Down: 45° Angle Reverse Grip (Cable)

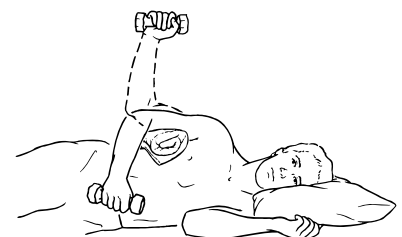
Leaning back slightly, pull bar to upper chest.



DO 2-3 Sets of 8-15 reps.

COMPLEX THIS EXERCISE WITH LYING DB EXTERNAL ROTATIONS

SHOULDER - 68 Progressive Resisted: External Rotation (Side-Lying)



Holding 3-12 pound weight, towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side.

Repeat 10-15 times per set. Do 2-3 sets per session.