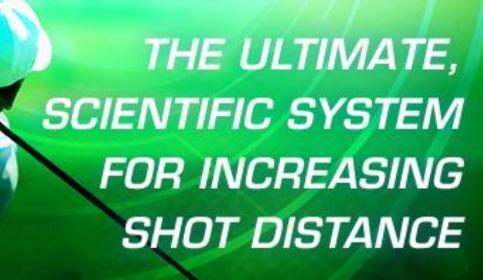
Chris Henning, NASM-CPT







BACK & ABS

Back & Abs For Golfers

STRONG BACK FOR GOLFERS

This program was designed to substitute one workout from the 30 Yards or More in 30 Days or Less Workout system. This will give you a bit more variety and will help solidify your back and abs to prevent injury.

Simply pick a workout to replace and perform this Back and Abs workout instead.

Round #1 (Back Preparation)

Lay on back, head on towel. Feet 1 foot from buttocks. Concentrate on stretching low back.

• Pron	e Knee to	Chest (Kne	ee Pull) 3 s	ets x 8 reps p	er leg	1	2	
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- Knee Side Drop Out 3 sets x 8 reps per leg
- Single Frog Leg 3 sets x 8 reps per leg
- Double Frog Leg 3 sets x 8 reps per leg
- Inch Worm x 8 times

			2	3			
1	2	3	4	5	6	7	8

Rounds #2, #3, #4 & #5 are 5 minutes long.

Round #2 (Strength)

- Single leg dumbbell squat (30-sec. each leg)
- Dumbbell uppercut (1 minute)
- Dumbbell sit-up (1 minute)
- Prone side to side lower body rotation (1 min.)
- Bicycle abs (1 minute)

Round #3 (Power)

- Dumbbell swing Right Arm (1 minute)
- Dumbbell wood-chop Right to Left (1 min.)
- Dumbbell swing Left Arm (1 minute)
- Dumbbell wood-chop Left to Right (1 min.)
- Prone dumbbell side press
 (balance with dumbbell) (1 minute)
 - 5 Seconds Hold Per Side When Fully Extended

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Round #4 (Core)

•	Power	sit-up	(swinging	hands)	(30 sec.)
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- Glute bridge (right leg) (30 seconds)
- Leg raise (30 seconds)
- Glute bridge (left leg) (30 seconds)
- V-up (30 seconds)
- Power sit up (30 seconds)
- Glute bridge (right leg) (30 seconds)
- Leg raise (30 seconds)
- Glute bridge (left leg) (30 seconds)
- V-up (30 seconds)

Round #5 (Static)

• Opposites (alternate sides every 5 seconds)

(2 minutes)

Lateral plank (alternate sides every 5 seconds)

(2 minutes)

• Straight sit-up (1 minute)

120s

120s

60s

Cool Down Round (Back Healing)

- Butterfly Stretch 3 sets x 30 second holds
- Seated Jack Knife 3 sets x 30 second holds
- Seated Hold and Release 3 sets x 20 second holds (need a chair)
 20s
 20s

20- 20- 20	30s 30s
305 305 3	