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**30** **Yards**  
or **More** in

**30** **Days**  
or **Less**



*THE ULTIMATE,  
SCIENTIFIC SYSTEM  
FOR INCREASING  
SHOT DISTANCE*

**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.

- Prone Knee to Chest (Knee Pull) 3 sets x 8 reps per leg
- 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

1	2	3
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1	2	3
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1	2	3
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1	2	3
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1	2	3	4	5	6	7	8
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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)

30s

60s

60s

60s

60s

### 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)

60s

60s

60s

60s

60s

60s

5 Seconds Hold Per Side When Fully Extended



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### Round #4 (Core)

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

### Round #5 (Static)

- Opposites (alternate sides every 5 seconds) 120s  
(2 minutes)
- Lateral plank (alternate sides every 5 seconds) 120s  
(2 minutes)
- Straight sit-up (1 minute) 60s

### Cool Down Round (Back Healing)

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