

Beginner Workout A (44-minutes)			
Warm-Up (5-Minutes)		Set 1	
1A) Torso Twists	:60		
1B) Side Bends	:60		
1C) Inchworms	:60		
1D) Superman Reaches	:30		
1E) Bodyweight Squats	:60		
1F) Straight Up Sit Up	:30		
Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)	Set 1	Set 2	Set 3
3A) Single Leg Reaching Lunge :30 per side			
3B) Kneeling on Stability Ball :30			
3C) Scorpion :30			
4A) Dumbbell Woodchop :30 per side			
4B) Prisoner Squat : 30			
4C) Plank :30			
5A) Stability Ball Leg Curl :30			
5B) Bicycle Crunch :30			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
6B) Standing Hamstring	:30	:30	
6C) Butterfly	:30	:30	
6D) Psoas	:30	:30	
6E) Cobra	:30	:30	
6F) Downward Dog	:30	:30	
6G) Pigeon	:30	:30	
6H) Child's Pose	:30	:30	

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1B) Side Bends	:60		
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1D) Superman Reaches	:30		
1E) Bodyweight Squats	:60		
1F) Straight Up Sit Up	:30		
Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)	Set 1	Set 2	Set 3
3A) Address Position Rotations :30 each leg			
3B) Backward Lunge :30 each leg			
3C) Warrior Row :30 each leg			
4A) Playo Squat Reach :30			
4B) Boat Pose :30			
4C) Pushup w/Feet on Stability Ball :30			
5A) Straight Up Sit Ups :30			
5B) Sergio Garcia's :30			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
6B) Standing Hamstring	:30	:30	
6C) Butterfly	:30	:30	
6D) Psoas	:30	:30	
6E) Cobra	:30	:30	
6F) Downward Dog	:30	:30	
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Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)	Set 1	Set 2	Set 3
3A) Arnold Palmer Press :30			
3B) Tubing Rows :30			
3C) Prisoner Squat :30			
4A) Standard Pushup :30			
4B) Tubing Side Rotations : 30 per side			
4C) Prisoner Lunge :30			
5A) Around the World :30			
5B) DB Push Press :30			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
6B) Standing Hamstring	:30	:30	
6C) Butterfly	:30	:30	
6D) Psoas	:30	:30	
6E) Cobra	:30	:30	
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1B) Side Bends	:60		
1C) Inchworms	:60		
1D) Walking Lunge	:30		
1E) Walkout Pushups	:60		
1F) Superman Reaches	:30		
1G) Bodyweight Squats	:30		
1H) Yoga Table	:60		
1I) Straight Up Situp	:30		
Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)		Set 1	Set 2
3A) Single Leg Reaching Lunge :30 per side			
3B) Prisoner Lunge :30			
3C) Lateral Plank with Pushup :30			
4A) Dumbbell Woodchop :45 per side			
4B) Prone Twister on Stability Ball : 45			
4C) Single Leg Stability Ball Curl :45 each leg			
5A) Horse Reach :60 each side			
5B) Side to Side Lower Rotation :60			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
6B) Standing Hamstring	:30	:30	
6C) Butterfly	:30	:30	
6D) Psoas	:30	:30	
6E) Cobra	:30	:30	
6F) Downward Dog	:30	:30	
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1B) Side Bends	:60		
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1D) Walking Lunge	:30		
1E) Walkout Pushups	:60		
1F) Superman Reaches	:30		
1G) Bodyweight Squats	:30		
1H) Yoga Table	:60		
1I) Straight Up Situp	:30		
Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)		Set 1	Set 2
3A) Single Leg Rotations :30 each leg			
3B) Lunge with Knee Raise :30 each leg			
3C) Warrior Row Press :30			
4A) 1 Leg Plyo Squat Reach :45 each leg			
4B) Over Under / Boat :45			
4C) Lateral Plyo Pushup :45			
5A) Russian Twists :60			
5B) Sergio Garcia's :60			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
6B) Standing Hamstring	:30	:30	
6C) Butterfly	:30	:30	
6D) Psoas	:30	:30	
6E) Cobra	:30	:30	
6F) Downward Dog	:30	:30	
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1G) Bodyweight Squats	:30		
1H) Yoga Table	:60		
1I) Straight Up Situp	:30		
Foam Rolling (7-minutes)		Set 1	
2A) Hamstrings	:60		
2B) Calves	:60		
2C) Quads	:60		
2D) IT Band	:60		
2E) Hip Flexors	:60		
2F) Low Back	:60		
2G) Upper Back / Traps	:60		
Workout A (24-minutes)		Set 1	Set 2
3A) Snowmans (Figure Eights) :30			
3B) Tubing Rows :30			
3C) Prisoner Diagonal Lunge :30			
4A) Pushup :45			
4B) Tubing External Rotations :45 each arm			
4C) Prisoner Squat :45			
5A) Shoulder Fly's with Band :60			
5B) Lunge with Medicine Ball Twist :60			
Cool Down (8-Minutes) OPTIONAL BUT RECOMMENDED		Side 1	Side 2
6A) Shoulder Stretch	:30	:30	
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6C) Butterfly	:30	:30	
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6H) Child's Pose	:30	:30	

Stretch and Recovery	
Mobility	Set 1
1A) Three Plane Neck :30 seconds	
1B) Shoulder Circles :30 seconds	
1C) Fist Exercise :30 seconds	
1D) Wrist Rotations :30 seconds	
1E) Elbow Circles :30 seconds	
1F) Egyptian :30 seconds	
1G) Arm Circles :30 seconds	
1H) Hula Hoop :30 seconds	
1I) Ankle Circles :30 seconds	
1J) Knee Circles :30 seconds	
Flexibility	Set 1
2A) Toe Hang :30 seconds	
2B) Cobra :30 seconds	
2C) Spine Rotation w/ Club :30 seconds	
2D) Head Turner :30 seconds (each side)	
2E) Headache Buster :30 seconds (each side)	
2F) Chest Stretch 1 :30 seconds (each side)	
2G) Chest Stretch 2 :30 seconds (each side)	
2H) Backswing Angel :30 seconds	
2I) Wrist Flexion :30 seconds (each side)	
2J) Shoulder Stretch :30 seconds (each side)	
2K) Kneeling Hip Flexor :30 seconds (each side)	
2L) Piriformis :30 seconds (each side)	
2M) Seated Groin Stretch :30 seconds	
2N) Downward Facing Dog :30 seconds	
Interval Program (Rest Day)	
Light activity (golf) or rest.	