

# **GOLF** Fitness:

SHED POUNDS to

**SHAVE STROKES**

## 90-Day Golf Fitness System

Drive the fat out of your game for lower scores and improved consistency



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90

**Christian Henning**

## Legal Disclaimer

**You must get your physician's approval before beginning this exercise program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including 30 Yards or More in 30 Days or Less. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Golf Fitness: Shed Pounds to Shave Strokes, please follow your doctor's orders.

# **Golf Fitness: Shed Pounds to Shave Strokes**

**Christian Henning, NASM-CPT**

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## Setting Goals

I'll be upfront and honest with you right now - I've written down a lot of goals I've never achieved. The goals at the time seemed to be grand and unreachable and eventually I gave up believing I could never succeed. I felt like a failure and just moved on to the next unreachable goal. However, I eventually learned from these planning mistakes. I've learned over time that setting a seemingly unachievable goal ***is achievable*** if gone about the right way.

Research shows that people who write down goals as opposed to those that don't have a higher success rate. I'm not arguing with that at all. A goal looks great on paper – but you ***MUST BELIEVE YOU CAN ACHIEVE IT.***

How do you get to the point of believing you can achieve a seemingly impossible goal? Perhaps you've tried everything under the sun to lose fat, gain muscle, or just be consistent in your backswing. Perhaps you have failed every time? This little guide will help you find the barriers that have stopped you and get you moving.

To believe you can achieve your goals you must have a thorough plan. Perhaps before you were not completely prepared for certain situations you were placed in and didn't know how to react? Holidays are a good example... How do you handle avoiding bad foods and minimizing or eliminating weight gain? You simply make a **PLAN** on how to handle this

situation. Being prepared for any situation makes the goal *easier* to achieve.

My point is that you have to **PLAN THE LITTLE THINGS** and work toward your goal every day. Baby steps. Writing down the little tasks that add up to reaching your goal is the key here and then follow through. You must **DO** the little things every day to reach your goal. So when planning out your goals, think about all of the underlying steps that will get you there and write them down. Let me say it again - ***You must PLAN the little things to reach your goal.***

**"Whoever wants to reach a distant goal must take small steps."**

**Helmut Schmidt**

Your goals must have a distinct target or end-point. Work each day towards your goals by doing the **SMALL STEPS** that facilitate reaching the goal. These must be easy to check off each day such as Take My Vitamins, Avoid Soda, and Practice Putting for 30 Minutes. You cannot simply say lose weight or gain energy. Make the **Small Steps** very clear and specific.

Set your dream goals, roll up your sleeves, and plan the small steps that will get you there. Achieving the goal will be automatic if you check off each of your small steps on a daily basis. Follow the instructions you set for

yourself and then get on with your life. Success really is this easy; planning this success is the fun part.

I caution you to be realistic in terms of setting a time frame. If you are hitting banana slices a gorilla would be proud of, correcting your body imbalances will take time to help you achieve a nice slotted golf swing. Stay on task, check off your daily task list and keep moving toward the goal.

## **Goal Setting Worksheet**

You must be honest with your short-term daily tasks as you plan for achieving your goal. Be realistic on what you CAN do. Don't list tasks you HOPE you can do.

Revisit your goal and daily tasks every two weeks and make adjustments.

Try adding in a new task if you have succeeded performing 80% of a given daily task. If you are failing an assigned daily task, why are you failing? Can you make a slight adjustment to make achieving this task easier each day?

1. 1. Create a long-term realistic goal, and the underlying short-term tasks that will bring daily success.
2. 2. Create specific short-term tasks that work toward achieving your long-term goal.
3. 3. Review your goals on a daily basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
4. 4. Review your goals and daily tasks every two weeks and make adjustments.

Anthony Robbins, one of the greatest self-help guru's of all time suggests you make a contract with yourself. Pledge your full commitment to your goals and the process of daily short-term tasks that will help you stay on target.

**List 1 long-term goal:**

1. 1.

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**List 10 short-term daily tasks that will help you reach your long-term goal:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## Commit to the following steps:

- Print out your goal checklist.
- Check off each of your short-term daily tasks only AFTER they have been completed.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Q: So I've finished the Shed Pounds to Shave Strokes workouts, what other workout programs do you have?**

**Answer:**

A more advanced program you can begin immediately is our core strengthening and power workout program. 30 Yards or More in 30 Days or Less is a 4-week program for advanced clients and an 8-week program for beginners or intermediate clients.



## **ADD DISTANCE THROUGH STRENGTH & FLEXIBILITY**

Professional trainer and golfer, Christian Henning has designed a golf specific workout to give you the golf body you dream about. You just need to [Come And Get It!](#)

- Build Balance, Flexibility, Strength, and Power in just 30 days
- Dumbbells, Stability Ball, and a Chair are all you need.
- Beginner, Intermediate, and Advanced Workouts included.
- Email Support from Golf Fitness Specialists.
- Download Now, Workout Today!