



FORM

GRIP



To grip the club, hold your hands 3 inches apart. Be sure to keep the club handle dry during use.
****After performing exercises, make sure to switch hand positions and repeat the exercise.**

READY POSITION



Hold the club even with the bottom of your nose. Keep the club 8-12 inches from your body. Bring your elbows closer to your body to take stress off the shoulders.

POWER POSITION



Stand tall with feet hip distance apart and toes straight ahead. Squeeze your glutes. Press your pelvis forward. Engage abdominals. Flatten the curve in your lower back.

SKILL

SHOULDER TO SHOULDER SWING



Keep feet straight, start with club head on shoulder.



Swing club horizontally at chest height.



Swing through, allowing back foot to pivot.



Touch club to the back of opposite shoulder.

WINDMILL



Keeping feet fixed, rotate 90° with club head on back.



Swing club down in a 360° circular pattern.



Perform four 360° circular patterns continuously.



Bring club to center of back on opposite side.

FULL BODY

FORWARD CLUB LUNGE



Set body in the power position, club in the ready position.



Inhale as you bring club overhead to a comfortable range of motion.



Step forward and lunge, bring the club down in front of your body.

BAILER



Keep back straight, bring the club head just outside your foot, bend your knees and hips.



Swing the club up in a diagonal motion to the opposite shoulder.



Drive through hips and finish by touching club head to shoulder.

SAMURAI SQUAT



Bring club overhead to the center of your back, inhale.



Squat and cast the club out in front of you.



Raise club overhead to the center of the back.



Rise from squat position.

SCOOP



Rest club bottoms up in palm above shoulder.



Keeping palm on club head, bring club head down to opposite foot.



In a continuous motion, circle the club to other foot and rise.



Finish exercise in starting position.

HIGH INTENSITY

GROUND STRIKE



Bring club overhead to the center of your back, inhale.



Squat down and strike the club to the ground.



Rise and bring the club around your shoulder.



Return to starting position.

180° GROUND STRIKE



Bring club overhead to the center of your back, inhale.



Squat down and strike the ground.



Bring club overhead while pivoting 180°.



Strike the ground on the opposite side and repeat.

QUICK WORKOUT

SKILL
SHOULDER TO SHOULDER
(15X EACH HAND ON TOP)

FULL BODY
CASTING SQUAT
(15X EACH HAND ON TOP)

HIGH INTENSITY
GROUND STRIKE
(15X EACH HAND ON TOP)

HIGH INTENSITY
180° GROUND STRIKE
(15X EACH HAND ON TOP)

FULL BODY
FORWARD CLUB LUNGE
(15X EACH HAND ON TOP)

SKILL
WINDMILL
(15X EACH HAND ON TOP)

FOR EXERCISE VIDEOS VISIT WWW.WECKMETHOD.COM

CONTACT US AT:

WECKMETHOD
5485 GAINES ST.
SAN DIEGO, 92110

INFO@WECKMETHOD.COM
(619) 222-2604

