



SHIFT TRAINING

THE LONG GAME GOLFER WORKOUT

Full body workout designed specifically for golfers. FORE!!

Complete 30 second intervals for each exercise.
Rest for 30 seconds after every 5 exercises.

01 Alternating
Push-up Plank



02 Chest
Expander



03 Jumping Jacks



04 Lying Triceps
Lifts



05 One Arm Side
Push-up



06 Overhead
Press



07 Power Circles



08 Reverse Plank



09 T Raise



10 Tricep Dips



11 Wall Push-ups



12 Bent Leg Twist



13 Elevated
Crunches



14 Genie Sit



15 Inch Worms



16 Leg Lifts



17 Mason Twist



18 Plank



19 Side Bridge



20 Supermans



21 Supine Bicycle



22 Windmill



23 Calf Raises



24 Forward Lunges



25 Rear Lunges



26 Reverse V Lunges



27 Side Leg Lifts



28 Side to Side Knee Lifts



29 Squats



30 Fast Feet



31 Jump Rope Hops



32 Jumping Planks



33 Pivoting Upper Cuts



34 Single Leg Hops



35 Skaters



36 Squat Jabs



37 Step Touch



38 Swipers



39 Up Downs



#NoGymNoExcuse