

WEEK: / - /

Workout Cycle: GOLF

DAY 1		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	DAY 3		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	Intervals	Time
CIRCUIT 1 (No rest)	Chinups 3/1 (3 sets , 10 reps)			Chinups 3/1 (3 sets , 10 reps)					
	Squats 3/1 (3 sets , 10 reps)			Squats 3/1 (3 sets , 10 reps)					
	Pushups 3/1 (3 sets , 10 reps)			Pushups 3/1 (3 sets , 10 reps)					
	Deadlifts 3/1 (3 sets , 10 reps)			Deadlifts 3/1 (3 sets , 10 reps)					
Rest 120 seconds				Rest 120 seconds					
CIRCUIT 2 (No rest)	Hanging Leg Raise (2 sets , 10 reps)			Hanging Leg Raise (2 sets , 10 reps)					
	Decline Crunch (2 sets , 10 reps)			Decline Crunch (2 sets , 10 reps)					
Rest 60 seconds				Rest 60 seconds				Warm Up/ Cool Down	
DAY 2		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	DAY 4		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	Intervals	Time
CIRCUIT 1 (No rest)	Push Press 3/1 (3 sets , 10 reps)			Push Press 3/1 (3 sets , 10 reps)					
	Walking Dbell Lunge 3/1 (3 sets , 10 reps)			Walking Dbell Lunge 3/1 (3 sets , 10 reps)					
	Dips 3/1 (3 sets , 10 reps)			Dips 3/1 (3 sets , 10 reps)					
	BO Barbell Row 3/1 (3 sets , 10 reps)			BO Barbell Row 3/1 (3 sets , 10 reps)					
Rest 120 seconds				Rest 120 seconds					
CIRCUIT 2 (No rest)	Swiss Ball Crunch (2 sets , 10 reps)			Swiss Ball Crunch (2 sets , 10 reps)					
	Woodchopper (2 sets , 10 reps)			Woodchopper (2 sets , 10 reps)					
Rest 60 seconds				Rest 60 seconds				Warm Up/ Cool Down	
		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep			SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	FRIDAY (any 7)	
								MIDWEEK Intervals	
								WEEKEND Swimming	