Name: TMC Men's Golf
Date: 2/5 - 2/20

Program Goal: Increased Lean Mass/Strength
Phase: 3 - Hypertrophy

Step 1
Dynamic Warm-Up

Exercise	Sets	Duration
Leg Swings - Up/Back	1	12 ea leg
Leg Swings - In/Out	1	12 ea leg
Knee Pulls	1	15 yds
Ankle Grabs	1	15 yds
Worlds Greatest Stretch	1	5 ea leg
Side Lunge	1	15 yds
Tapioca	1	15 yds
Carioca	1	15 yds
A Skips	1	15 yds

Foam Roll

Body Part	Sets	Duration
Calves	1	30-60"
IT Band	1	30-60"
Hip Flexor/Quad	1	30-60"
Low Back/Lats	1	30-60"

Golf-Specific Stretching

Exercise	Sets	Duration
Seated Pelvic Tilts	1	30 sec.
Reachbacks	1 ea	30 sec.
Single Leg Stork Turns	1 ea	30 sec.
Windshield Wipers	1	30 sec.

Step 2
Power Exercises

Exercise	Sets	Duration
Med Ball Chest Pass	3	8
Med Ball Tramp Chops	3	8 ea side
Slideboard	3	30"

Step 3
Resistance Training Exercises

Body Part	Exercise	Sets	Reps	Tempo
Chest	Alt. Arm DB Bench	3	10,8,6	2/0/2
Back	Close-grip Pulldown	3	10,8,6	2/0/2
Back	Golf Posture Cable Row	3	10,8,6	2/0/2
Shoulder	Golf Posture Cuban Press	3	10	2/0/2
Legs	Barbell Split Squat	3	10,8,6	2/0/2

Core Exercises

Exercise	Sets	Reps	Tempo
Landmine Rotations	3	fatigue	N/A
Turkish Getup	2	5-8 ea	N/A
Front Plank	3	1 minute	N/A

Step 4
Post-Exercise Stretching

Body Part	Sets	Duration
Straight Leg Calf	2 ea	15 - 20"
Leg Overs	2 ea	15 - 20"
Half-Kneeling Hip Flexor	2 ea	15 - 20"
Twisted Prayer	2 ea	15 - 20"
Hip Internal Rotation	2 ea	15 - 20"