Johnny Golfer Workout

Workout A

		Date								Date								Date							
MOB/STAB	**Exercise**																								
	Foam, Stick, Ankle, Wall Slide																								
	Standing Activation	8 reps																							
	Knees Drops	5 each side																							
	Supine Hip Ext Dynamic	10																							
	Four point plank	10 sec. hold x 4																							
	Cat & Camel	3																							
	Quadruped Opposites Hold	10 each side																							
	Hip Circles	3 each way, 3 each side																							
	Side Bridge	10 sec holds x 3																							
	4 Part Hip Flexor	1x																							
POWER		**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**
	Jump to Box		6																						
	Skaters		6																						
	MB Parallel	10	6																						
	MB Chest Pass w/Squat	10	6																						
STRENGTH	**Circuit 1**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**
Strength	DB alternating Bench																								
Strength	Front squat																								
Strength	DB bent rows																								
Dyn Flex	Dowel Shoulder Stretch																								
	Circuit 2	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**
Strength	DB shoulder Press																								
Strength	single leg romanian dead lift																								
Strength	Cable face pull																								
Dyn Flex	4 Part Hip Flexor																								
	Circuit 3	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**	**Wt**	**Rps**
Strength																									
Strength																									
Strength																									
Dyn Flex																									
ESD																									
Protocol	Tool																								
Interval (1:3)	Treadmill	5 intervals, 7.0, 30 secs work, 1:30 rest																							
REGEN																									