

Indian Men's Golf Summer Training

Phase 1

Day 1

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
Box Jump		3			3			3			3			3			3	
Broad Jump		3			3			3			3			3			3	
Vertical Jump								3			3			3			3	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
MB Vertical Toss		5			5			5			5			4			4	
MB Overhead Toss		5			5			5			5			4			4	
MB Wall Ball								5			5			4			4	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
KB Deadlift		5			5			5			5			4			4	
Trap Bar Deadlift		5			5			5			5			4			4	
Landmine Deadlift		5			5			5			5			4			4	
DB Deadlift											5			4			4	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Push Up		6--10			6--10			6--10			6--10			6--10			6--10	
DB Bench Press		6--10			6--10			6--10			6--10			6--10			6--10	
Machine Bench Press								6--10			6--10			6--10			6--10	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Row		8--10			8--10			8--10			8--10			8--10			8--10	
Seated Row		8--10			8--10			8--10			8--10			8--10			8--10	
Cable Row								8--10			8--10			8--10			8--10	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Hollow Hold		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
Front Plank		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Side Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
Russian Twist		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	

Indian Men's Golf Summer Training

Phase 1

Day 2

	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
Exercise	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Choose One:																		
Split Jump		3ea			3ea			3ea			3ea			3ea			3ea	
SL Box Jump		3ea			3ea			3ea			3ea			3ea			3ea	
								3ea			3ea			3ea			3ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
MB Low Scoop Toss		5ea			5ea			5ea			5ea			5ea			5ea	
MB Shot Put Throw		5ea			5ea			5ea			5ea			5ea			5ea	
								5ea			5ea			5ea			5ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Goblet Split Squat		5ea			5ea			5ea			5ea			4ea			4ea	
KB Split Squat		5ea			5ea			5ea			5ea			4ea			4ea	
Barbell Split Squat								5ea			5ea			4ea			4ea	
											5ea			4ea			4ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Shoulder Press		5--8			5--8			5--8			5--8			5--8			5--8	
Machine Shoulder Press		5--8			5--8			5--8			5--8			5--8			5--8	
								5--8			5--8			5--8			5--8	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Chin Up		3--5			3--5			3--5			3--5			3--5			3--5	
Negative Chin Up (3 Sec)		3--5			3--5			3--5			3--5			3--5			3--5	
Chin Up Hold (5 sec)								3--5			3--5			3--5			3--5	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DeadBug		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
Sit Up		x30sec			x30sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Superman Hold		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
Reverse Plank		x30sec			x30 sec			x30sec			x30sec			x30sec			x30sec	
								x30sec			x30sec			x30sec			x30sec	

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
7	8	9	10	11	12	13
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
14	15	16	17	18	19	20
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
21	22	23	24	25	26	27
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
28	29	30				
	Phase 1: Day 1	OFF				

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
5	6	7	8	9	10	11
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Steady State Cardio 15-20mins (Your Choice)	
12	13	14	15	16	17	18
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Steady State Cardio 20-25mins (Your Choice)	
19	20	21	22	23	24	25
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Steady State Cardio 20-25mins (Your Choice)	
26	27	28	29	30	31	
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Steady State Cardio 20-25mins (Your Choice)	

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Phase 2: Day 1	4 OFF	5 Phase 2: Day 2	6 OFF	7 Steady State Cardio 20-25mins (Your Choice)	8
9	10 Phase 2: Day 1	11 OFF	12 Phase 2: Day 2	13 OFF	14 Steady State Cardio 20-25mins (Your Choice)	15
16	17 Phase 2: Day 1	18 OFF	19 Phase 2: Day 2	20 OFF	21 Steady State Cardio 20-25mins (Your Choice)	22
23	24	25	26	27	28	29
30	31					