Day 1	
Week 1	
Exercise Weight Goal Reps Weight	
Choose One: Box Jump 3 4 4 4 4 4 4 4 4	
Box Jump	Reps
Broad Jump 3	
Vertical Jump Weight Goal Reps Weight	
Choose One: Weight Goal Reps Weight Goal	
MB Vertical Toss 5 5 5 4 4 4 4 4 4 MB Overhead Toss 5 5 5 5 4 <t< td=""><td></td></t<>	
MB Vertical Toss 5 5 5 4 4 4 4 4 4 MB Overhead Toss 5 5 5 4 <t< td=""><td></td></t<>	
MB Overhead Toss 5 5 5 5 4 4 4 4 MB Wall Ball 6 6 6 5 5 4 4 4 4 Choose One: Weight Goal Reps Weigh	Reps
MB Wall Ball Choose One: Weight Goal Reps Weight Goal Re	
Choose One: Weight Goal Reps Weight Goal	
KB Deadlift 5 5 5 4 4 Trap Bar Deadlift 5 5 5 5 4 4 Landmine Deadlift 5 5 5 5 4 4	
KB Deadlift 5 5 5 4 4 Trap Bar Deadlift 5 5 5 5 4 4 Landmine Deadlift 5 5 5 5 4 4	
Trap Bar Deadlift 5 5 5 4 4 Landmine Deadlift 5 5 5 5 4 4 4	Reps
Landmine Deadlift 5 5 5 4 4	
DB Deadlift 5 4 4	
Choose One: Weight Goal Reps Weight Goal	Reps
Push Up 610 610 610 610 610 610	
DB Bench Press 610 610 610 610 610 610	
Machine Bench Press 610 <td></td>	
Choose One: Weight Goal Reps Weight Goal	Reps
DB Row 810 810 810 810 810 810	
Seated Row 810 810 810 810 810 810 810	
Cable Row 810	
Choose One: Weight Goal Reps Weight Goal	Reps
Hollow Hold x30sec x30sec x30sec x30sec x30sec x30sec x30sec x30sec x30sec	
Front Plank x30sec x30sec x30sec x30sec x30sec x30sec x30sec x30sec x30sec	
x30sec x30sec x30sec x30sec x30sec x30sec	
Choose One: Weight Goal Reps Weight Goal	Reps
Side Plank x30sec x30 sec x30sec x30sec x30sec x30sec x30sec	
Russian Twist x30sec x30 sec x30 sec x30sec x30sec x30sec x30sec x30sec	
x30sec x30sec x30sec x30sec x30sec x30sec	

					In	idian N	Men's (Golf Su	ımmer	Traini	ing							
								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		58			58			58			58			58			58	
Machine Shoulder Press		58			58			58			58			58			58	
								58			58			58			58	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Chin Up		35			35			35			35			35			35	
Negative Chin Up (3 Sec)		35			35			35			35			35			35	
Chin Up Hold (5 sec)								35			35			35			35	
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	

	Indian Men's Golf Summer Training																	
	Phase 2																	
								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:																		
SL Box Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
SL Broad Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
SL Vertical Jump-DL Landing		2ea			2ea			2ea			2ea			2ea			2ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
MB Granny Toss		6			6			6			6			6			6	
MB Rocket Toss		6			6			6			6			6			6	
MB Slam		6			6			6			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
KB Goblet Squat		4			4			4			4			3			3	
DB Goblet Squat		4			4			4			4			3			3	
Landmine Squat		4			4			4			4			3			3	
Barbell Squat																		
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Weighted Push Up		5			5			5			5			4			4	
Machine Press		5			5			5			5			4			4	
Bench Pess		5			5			5			5			4			4	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Row		1012			1012			1012			1012			1012			1012	
Seated Row		1012			1012			1012			1012			1012			1012	
Cable Row		1012			1012			1012			1012			1012			1012	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Dynamic Front Plank		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
Front Plank +Row		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
		x8ea			x8ea			x8ea			x8ea			x8ea			x8ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Side Plank+Row		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	
Dynamic Side Plank		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	
		x10ea			x10ea			x10ea			x10ea			x10ea			x10ea	

						Indi	ian Me	en's Golf Sur	nmer	Trainin	g							
								Phase 2										
								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:																		
DB Split Jump		6			6			6			6			6			6	
DB Squat Jump		6			6			6			6			6			6	
(Hold DB ea hand)		6			6			6			6			6			6	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
MB Low Scoop Toss(Low-High)		3ea			3ea			3ea			3ea			3ea			3ea	
MB Shot Put Throw (High-Low)		3ea			3ea			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
RFE Goblet Split Squat		6ea			6ea			6ea			6ea			5ea			5ea	
FFE Goblet Split Squat		6ea			6ea			6ea			6ea			5ea			5ea	
Goblet Push Back Lunge		6ea			6ea			6ea			6ea			5ea			5ea	
		6ea			6ea			6ea			6ea			5ea			5ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
DB Glute Bridge		8ea			8ea			8ea			8ea			8ea			8ea	
SL Curl		8ea			8ea			8ea			8ea			8ea			8ea	
DB SL RDL		8ea			8ea			8ea			8ea			8ea			8ea	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Chin Ups		5			5			5			5			5			5	
Weighted Chin Ups		5			5			5			5			5			5	
		5			5			5			5			5			5	
Choose One:	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
MB Suitcase	Weight	x30sec	перз	Weight	x30sec	перз	Weight	x30sec	перз	W CIGIT	x30sec	πορσ	W CIGIT	x30sec	перз	Veignt	x30sec	ПСРЗ
Bicycle Crunch		x30sec			x30sec			x30sec		 	x30sec			x30sec			x30sec	
Bicycle Cruffelf		X303CC			A303CC			x30sec		+	x30sec			x30sec			x30sec	
								,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,									NO SOCO	
Choose One:	Weight		Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
45 Deg. Back Extension		x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards	
SA Farmers Carry		x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards	
		x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards			x10 reps/20 Yards	5		x10 reps/20 Yards			x10 reps/20 Yards	

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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				

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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)	

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