Session 1 Details

Cardio - Choose one of the following

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Description</th>
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| **Elliptical** | Slow to Moderate Cardio Intervals (1)  
Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed. |
| **Treadmill** | Slow to Moderate Cardio Intervals (1)  
Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed. |
| **Bike** | Slow to Moderate Cardio Intervals (1)  
Perform ten 30 second intervals alternating 5 at a slow speed with 5 at a moderate speed. |

Hip Drops

<table>
<thead>
<tr>
<th>Set 1:</th>
<th>10 times; each direction</th>
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<tr>
<td>Rest / Recovery (optional):</td>
<td>Figure 4 Walks</td>
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STEP-BY-STEP INSTRUCTIONS
Lie flat on your back with your knees bent and feet separated wider than shoulder width apart. Drop both knees to the right as far as possible, but maintain a stable core and try to keep your back as close to the ground as possible. Now drop knees to the left. Repeat back and forth.

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**Leg Lifts Arm Pre-Loaded**

Set 1: 10 times; for each leg with FMT

Rest / Recovery (optional): Dynamic Hamstring

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**STEP-BY-STEP INSTRUCTIONS**
STEP-BY-STEP INSTRUCTIONS

Attach the middle of the FMT to the high hinge of a door. Grab both handles and lay flat on your back with your head facing the door and your legs extended. Pull both handles down by your side, palms facing down, and stabilize your core. Keeping your spine stable try to lift one leg at a time, keeping the leg straight and the opposite leg down. Repeat back and forth.

Supine Bridge

Set 1: 6 times; Hold for 3-5 breaths

Rest / Recovery (optional): Hip Flexor Stretch - Half Kneeling

STEP-BY-STEP INSTRUCTIONS
Lie down with a Swiss ball under your feet. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

**Dead Bug Arm Drops**

- **Set 1:** 15 drops with each arm
- **Rest / Recovery (optional):** Prayer Stretch

**STEP-BY-STEP INSTRUCTIONS**
Lying flat on your back with your knees bent and your arms elevated, start by getting into a neutral pelvic posture and stabilize your core. Then, without letting your posture change, try to lower your arms down to the ground behind your head one at a time and together.

**Side Planks**

**Set 1:**

Each side for up to 2 minutes

**Rest / Recovery (optional):**

Glute/ITB Foam Roller

**STEP-BY-STEP INSTRUCTIONS**
STEP-BY-STEP INSTRUCTIONS

Start by lying on your left side with your feet on top of each other and your left elbow directly under your left shoulder. From here, slowly lift your hips off the ground until your spine makes a straight plank. Make sure you elevate high enough to get your calves off the ground. Hold for the prescribed amount of time and return to the ground. Repeat on other side.

Chops (No Rotation) - Half-Kneeling w/ bar

Set 1: 10 times; FMT or 50 of 8 rep max

Rest / Recovery (optional): Prayer Stretch

STEP-BY-STEP INSTRUCTIONS

To perform this exercise you are going to need your FMT or a cable cross machine and a bar attachment (a Tricep rope can be an alternative to the bar). Get into a half kneeling position with your down knee away from the machine or the door. Grab the bar or the tubing with both hands on top of the bar and keep your posture as tall as possible. Perform a chop diagonally across your body keeping your hands and the bar close to your chest throughout the movement. Slowly return to the starting position. Repeat the appropriate number of sets and reps.
Criss Cross Deep Squats

Set 1: 10 times; using your FMT

Rest / Recovery (optional): Butterfly Wings

STEP-BY-STEP INSTRUCTIONS

Attach each handle of the FMT to the lower part of a doorway. Criss-cross the tubing and step into the loop, placing the harness around your legs between your ankles and knees. Step back away from the door and hold a club up high over your head. Now, keeping your feet separated (there should be resistance from the tubing) try to perform a full deep squat.

Lifts in Golf Posture - Tubing

Set 1: 15 times;

Rest / Recovery (optional): Supine Arm Reaches

STEP-BY-STEP INSTRUCTIONS
STEP-BY-STEP INSTRUCTIONS

Attach the FMT harness to the lower part of a door. Grab both handles and get into a good golf posture. Starting with no slack in the tubing, slowly raise both handles up to your chest. From here, without losing your posture, make a shoulder turn. Now try to extend your arm (lift) and once again focus on not lifting up out of your posture. Return to the starting position and repeat.

Single Leg Balance

Set 1: 15 sec. eyes open, 15 sec. eyes closed

Rest / Recovery (optional): Quad Walks

STEP-BY-STEP INSTRUCTIONS
Start by standing on one leg and getting into a stable posture. Once stable, try to balance yourself first with eyes open, and then try eyes closed.

**Russian Twists**

Set 1: 10 times, each side with medicine ball

Rest / Recovery (optional): Arm Drops

**STEP-BY-STEP INSTRUCTIONS**
STEP-BY-STEP INSTRUCTIONS

Grab one dumbbell and sit on a Swiss ball. Stabilizing the dumbbell on your chest, slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise the dumbbell directly up in front of your chest using both hands. Now, try to rotate your whole upper body keeping your arms straight, lowering the dumbbell to your side and then return yourself to the starting position. Try to rotate in the opposite direction next. Perform the recommended number of reps, alternating back and forth to each side. Make sure you stabilize your lower body as you perform each rep, since the weight is going to make it difficult to maintain balance.

Standing Arm Turns with Tubing

Set 1: 10 times; Turns with each Arm using your FMT
Rest / Recovery (optional): Freeze
STEP-BY-STEP INSTRUCTIONS

Attach the middle of your FMT about chest high to a door. Hold both handles straight out in front of you with both elbows locked and get into a good stable golf posture. Stabilizing your lower body, begin to pull the tubing back with your right arm. Make a full shoulder turn and try to get the tubing back behind you as far as possible, keeping the arm straight. Return and repeat with the other arm.

Lateral Bounding

Set 1: 15 times; jumps each direction

STEP-BY-STEP INSTRUCTIONS
Start by standing on your right leg and jump to your side landing on your left leg. Jump back and forth maintaining a good golf posture throughout the exercise. Only one foot should be on the ground at anytime.

Pelvic Tilt in Golf Stance Find Neutral

Set 1: 3 tilts each direction then find neutral

Rest / Recovery (optional): Dynamic Heel to Butt

STEP-BY-STEP INSTRUCTIONS
Starting from a 5-iron golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Once you find the middle, start over again and repeat for the appropriate number of reps.

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