

Golf Performance

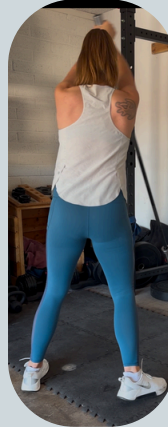
Med Ball Slams

*3 sets
5 reps each
way*



Landmine Windshield Wipers

*3 sets
6-10 reps*



Reverse Lunge with Rotation

*3 sets
6-8 reps*



Bent Over Row

*3 sets
6-8 reps*



XCEL Performance

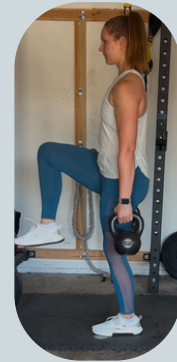
*If you are able to do 2 more reps than the higher rep number, increase weight.
If you are unable to achieve the lower rep number, lower the weight.

*Listed reps are for each way/side

Golf Performance

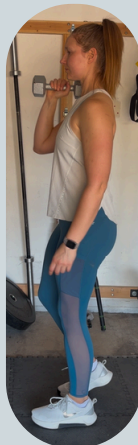
Single Leg RDL

*3 sets
8-10 reps*



Rotational Overhead Press

*3 sets
8-12 reps*



1/2 Kneeling Chops

*3 sets
8-10 reps*



XCEL Performance

*If you are able to do 2 more reps than the higher rep number, increase weight.
If you are unable to achieve the lower rep number, lower the weight.
*Listed reps are for each way/side