

Name:		EHS Golf						Endurance phase 1
		Exercise	Date:		Date:		NOTES	
			Sets/Reps	Weight	Sets/Reps	Weight		
Pre-Season Day 1	Warm-Up	1	Kneeling ankle mobility	2 x 10 each		2 x 10 each		
		2	Cook Squats	2 x 20		2 x 20		
		3	Hip openers	2 x 10 each		2 x 10 each		
		4	T spine rotation	2 x 5 each		2 x 5 each		
	Lift A	1	Hex bar deadlift	3 x 12		3 x 12		
		2	Rotational MB throws	3 x 6 each		3 x 6 each	against wall	
		3	Banded supermans	3 x 12		3 x 12		
	Lift B	1	Incline DB press	3 x 12		3 x 12		
		2	DB split squat	3 x 8 each		3 x 8 each		
		3	Russian twists	3 x 12		3 x 12		
		4	Planks	3 x 30-45 seconds		3 x 30-45 seconds		
	Pre-Season Day 2			Exercise	Date:		Date:	
			Sets/Reps	Weight	Sets/Reps	Weight		
Warm-Up		1	Lunges w/ Twist	2 x 10 each		2 x 10 each		
		2	Cook Squats	2 x 20		2 x 20		
		3	Side Lunges	2 x 10 each		2 x 10 each		
		4	Lateral crawls	2 x 10 each		2 x 10 each		
Lift A		1	Goblet squats	3 x 12		3 x 12	heels on plates	
		2	Pallof press and hold	3 x 12		3 x 12	red band	
		3	Banded high row	3 x 15		3 x 15		
		4	Stability ball glute bridges	3 x 12		3 x 12		
Lift B		1	Pull ups	3 x max		3 x max		
		2	Lateral lunges w/ plate press	3 x 10 each		3 x 10 each		
		3	BB landmine rotate and press	3 x 8 each		3 x 8 each		
		4	Leg raises	3 x 15		3 x 15		