

PLAY GOLF CALGARY BODYWEIGHT WORKOUT PLAN

Approximate workout time **30 MINUTES**
Remember to modify to your ability

20 REPS
2 SETS

BODYWEIGHT SQUATS

The classic squat with your feet about shoulder-width apart. Keep your chest facing up and your shoulders down throughout the exercise.
Squat down so that your knees bend to about a 90-degree angle.
Make sure that your knees don't extend past your toes.
Keep your weight in your heels. Your hands should be by your sides or in front of you.
As you lift yourself back up, squeeze your glutes.

20 REPS
2 SETS

BODYWEIGHT SKI JUMPS

To start a ski jump, slightly bend your knees while maintaining a straight back with your chest up. With feet together, softly jump to the left with a bend at the knees and in a quarter-squat position. Land with your weight in your heels, not your toes.
Repeat the bodyweight exercise side to side as if you were skiing.
Make sure to keep your core engaged.

20 REPS
2 SETS

LUNG DIPS

To get started, step your right foot back. Keep your toes facing directly forward and lift your right heel off the ground. Stack your left knee over your left ankle. Bend your right knee to a 90-degree angle.

20 REPS
2 SETS

PLANK WITH SINGLE LEG RAISE

Start in a fully extended plank on your toes and hands. Your shoulders should be in line with your wrists, and your back should be flat. As you exhale, slowly raise one leg up until it's in line with your back. Make sure not to hyperextend or dip through your back. Continue to engage your core. Inhale as you lower your leg with control and return to the starting plank position. Breathe out and then repeat with the opposite leg.

Teaching Academy



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SIDE PLANK

Begin by turning on your left side and opening up.
Line up your elbow with your shoulder.
Lift and straighten your right arm in the air toward the ceiling.
Avoid arching your back. Your feet can be stacked or staggered on the ground.

20 REPS
2 SETS

BURPEES

Start by standing up straight.
Squat down to the ground with your hands flat.
Hop your feet back to a plank position.
Hop your feet back up toward your hands.
Finish the movement by jumping straight up and then repeat

20 REPS
2 SETS

ROPE CLIMB CRUNCHES

Start flat on your back and then lift your legs off the ground.
Bend your knees to approximately 90 degrees.
Lift your upper body off the floor.
Make sure to avoid rounding your back.
Reach your arms up toward the sky, as if you were grabbing an imaginary rope.
With each rep, lift up and activate your core.

5
MINUTES

COOL DOWN

It is critical to cool down after a workout just like your round!
COMMENCE your PGC Post Round Stretch routine.
Your body needs to allow a slow relaxed muscle cool down to ensure tightness or soreness is reduced!

