

# PLAYGOLF CALGARY

## Teaching Academy



## JUSTIN THOMAS WORKOUTS

### CORE

CRUNCHES WITH SWISS BALL	15-20 REPS (2 SETS)
MEDICINE BALL ROTATIONAL THROW	8-10 REPS (3 SETS)
REVERSE CRUNCH	15-20 REPS (2 SETS)
DUMBBELL SPLIT SQUAT	8-10 REPS (2 SETS)
RESISTANCE BAND WOODCHOPPER	10-15 REPS (2 SETS)
MOUNTAIN CLIMBER ON SLIDERS	10-15 REPS (3 SETS)
REVERSE LUNGE	8-10 REPS (2 SETS)

### FULL BODY WORKOUT

SEATED INCLINE DUMBBELL CURL	10-15 REPS (2 SETS)
BENT OVER ROW (BARBELL)	10-15 REPS (2 SETS)
LEG CURL (SWISS BALL)	10 REPS (2 SETS)
DUMBBELL OVERHEAD PRESS	10-15 REPS (2 SETS)
SINGLE-LEG ROMANIAN DEADLIFT	10-15 REPS (2 SETS)
MEDICINE BALL RUSSIAN TWIST	10 REPS (3 SETS)
SINGLE-LEG HIP EXTENSION	10 REPS (2 SETS)
OVERHEAD LUNGE (BARBELL)	8-10 REPS (2 SETS)