



WARM UP AND STRETCHES Repeat each warm-up & stretching movement 2 x 15 seconds before starting the muscle condition exercise. Also you can repeat the same movements after the workout.



1. SWING WITH STICK
Workout instructions:
 Stand with feet shoulder width apart, a light bend in the knees. Swing the Gymstick (only the stick part) side to side with relaxed arms, rotate the shoulders together with the arm-swing



2. SIDE BEND
Workout instructions:
 Stand with feet shoulder width apart, knees and toes pointing forward. Hold the Gymstick above the head with the widest grip possible, the palms of the hands pointing forward. Bend from side to side (without rotating or bending the upper body) while keeping the pelvis steady.



3. SHOULDER CROSS
Workout instructions:
 Feet shoulder width apart, knees and toes pointing forward. Place the Gymstick to one side in an upright position with one hand on the top. Reach across with the other hand and grab the Gymstick about one foot below the top hand. Bend the upper body forward and flex the knees slightly to feel the stretch in the arms, shoulder and upper back. Repeat on the other side.



4. HIP FLEX
Workout instructions:
 Feet shoulder width apart, knees and toes pointing forward. Using the Gymstick for support, take a long step forward with the left leg keeping the body upright. Place the right hand on the hip and push the pelvis forward while the right knee is pressed towards the ground. Repeat for the other leg.

MUSCLE CONDITION EXERCISES Repeat each movement 2 x 10-20 times in numbered order. Keep short rest breaks between movements.



1. BODY ROTATION FOR MOBILITY AND STABILITY
Main purpose for Golfers:
 - Improves mobility and control of core and lower back
Main muscles worked:
 - Obliques and Lower back muscles (erector spinae)
Workout instructions:
 - Lean slightly forward, keeping the back straight and knees slightly bent (a proper golf stance). Position the Gymstick on the back of the shoulders making sure the exercise bands are tight enough. Rotate shoulders symmetrically with the pelvis almost stable



2. BODY ROTATION FOR BALANCE AND CORE STRENGTH
Main purpose for Golfers:
 - Improves core strength and develops dynamic balance
Main muscles worked:
 - Obliques, Abs, Quadriceps, Hip flexors
Workout instructions:
 - Rest the Gymstick on the back of the shoulders. Step forward with the left foot keeping the toes of the right foot in contact with the ground. Swing the right knee forward while rotating the shoulders towards the lifted knee. Alternate sides



3. BAR ROW FOR BETTER POSTURE
Main purpose for Golfers:
 - Strengthens posture and strengthens upper back
Main muscles worked:
 - Latissimus Dorsi, Trapezius, Rhomboid, Teres major
Workout instructions:
 - Stand with feet shoulder width apart, hips and knees slightly flexed. Hold the Gymstick with fully extended arms, keeping the back straight. Add some resistance, then leading with the elbows pull the Gymstick upwards towards the stomach, flexing at the elbows while squeezing the shoulder blades together



4. BODY ROTATION WITH ARM PUSH
Main purpose for Golfers:
 - Improves upper / lower body coordination and dynamic balance. Strengthens upper body and core.
Main muscles worked:
 - Triceps, Pectoralis, Deltoides, Obliques, Quadriceps, Calves
Workout instructions:
 - Stand with the feet shoulder width apart, knees slightly flexed. Rotate the left shoulder to the opposite side with a left arm push. Keep the right arm close to the chest. At the same time, extend the knees and shift the body weight to the right leg. Alternate sides



5. SQUAT WITH UPRIGHT ROW AND HEEL RAISE
Main purpose for Golfers:
 - Strengthens shoulders and lower body extensors
Main muscles worked:
 - Deltoides, Quadriceps, Calves, Gluteals
Workout instructions:
 - Stand with feet shoulder width apart and add appropriate resistance. Squat down so that the hips and knees are slightly flexed. Hold the Gymstick with fully extended arms keeping the back straight. Leading with the elbows, pull the Gymstick upwards towards the chest, flexing at the elbows, and extending at the shoulders. At the same time, extend at the hip and knees lifting into a heel raise



6. POWER SWING
Main purpose for Golfers:
 - Back swing exercise with resistance improves core-power and -control.
Main muscles worked:
 - Obliques, Quadratus lumborum, Lower back muscles (erector spinae)
Workout instructions:
 - Set one exercise band to the opposite end of the Gymstick. Place the other band on the left foot (right foot for left handed golfers). Stand in a normal golf stance gripping the Gymstick as a golf club. Make sure there is enough room to safely take a normal swing. Add some resistance and take a slow swing, focusing primarily on the backswing and proper technique.



7. BICEPS CURL
Main purpose for Golfers:
 - Strengthens the upper body, especially the arm flexors
Main muscles worked:
 - Biceps, Brachialis, Brachioradialis
Workout instructions:
 - Stand with feet shoulder width apart. Hold the Gymstick with straight arms, palms facing out. Curl the Gymstick to the chest and slowly return to the starting position



8. TRICEPS CURL
Main purpose for Golfers:
 - Strengthens the upper body, especially the arm extensors
Main muscles worked:
 - Triceps
Workout instructions:
 - Stand with the feet shoulder width apart holding the Gymstick with straight arms, hands over the shoulders with palms facing forward. Slowly flex then extend the elbows while keeping them close to the ears with stable shoulders



9. FRONT SQUAT
Main purpose for Golfers:
 - Strengthens the lower body and legs for a powerful golf swing
Main muscles worked:
 - Quadriceps, Gluteals
Workout instructions:
 - Stand with the feet shoulder width apart and the Gymstick at chest level. Keeping a straight back, flex the knees and hips, making sure the heels are flat on the floor. Flex to roughly 90degrees at the knees. Slowly extend to the start position



10. SUPERMAN
Main purpose for Golfers:
 - Improves core stability and balance. Strengthens shoulders and glutes
Main muscles worked:
 - Gluteals, Deltoids, Erector spinae, Hamstrings
Workout instructions:
 - Stand on one leg, Gymstick at the chest. Raise the other leg with the knee slightly bent. Push the raised leg back extending the hip and knee keeping the ankle at 90 degrees. At the same time, extend the arms up and forward and lean into the extension so the body is at a 45 degree angle



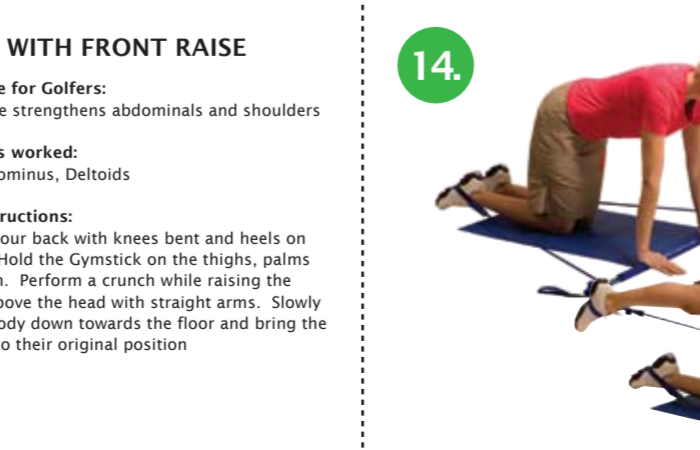
11. GOOD MORNINGS
Main purpose for Golfers:
 - Strengthens glutes and back and improves mobility in the lower back and hamstrings
Main muscles worked:
 - Gluteals, Erector spinae, Hamstrings
Workout instructions:
 - Stand with the Gymstick resting on the back of the shoulders, feet shoulder width apart and knees relaxed. Bend forward at the waist, up to 90 degrees, keeping the back straight and the head up. Return to the starting position controlling the movement at all times



12. SEATED BODY ROTATION
Main purpose for Golfers:
 - This exercise is excellent for improving core strength and abdominal power for a stronger golf swing
Main muscles worked:
 - Rectus Abdominus, External Oblique, Internal Oblique
Workout instructions:
 - Sit with legs bent and heels touching the floor. Rest the Gymstick on the arms holding it with a cross grip. Lean back slightly and rotate the upper body side to side as far as possible. This exercise can be performed with the heels off the floor for more challenge



13. CRUNCH WITH FRONT RAISE
Main purpose for Golfers:
 - The exercise strengthens abdominals and shoulders
Main muscles worked:
 - Rectus Abdominus, Deltoids
Workout instructions:
 - Lie flat on your back with knees bent and heels on the floor. Hold the Gymstick on the thighs, palms facing down. Perform a crunch while raising the Gymstick above the head with straight arms. Slowly lower the body down towards the floor and bring the arms back to their original position



14. KNEELING WITH HIP AND KNEE EXTENSION
Main purpose for Golfers:
 - This exercise tones glutes and legs and improves the dynamic strength of the lower body
Main muscles worked:
 - Gluteals, Piriformis, Hamstrings
Workout instructions:
 - Kneel on all fours with the Gymstick positioned under the hands. Ensure that the spine is neutral. Extend and lift one leg until it is parallel with the floor keeping the pelvis steady. Alternate legs

