

Hello,

I wanted to send out a workout for you guys with the Golf Academy Newsletter. This is a very watered down workout for you to do at home with minimal equipment and weight. I will give you some options on how you can weight certain exercises to perform them with a little greater intensity but if you not you will have something that you can do within a short amount of time, 30-45 minutes. I have provided instructions for you on how to complete each exercise and the last page is a workout chart that you can keep track if you do wish to add weight or to know what you have completed.

Continue to work on your individual exercises as provided by Matt and Adam to keep your mobility up and work through some more golf specific movements.

Also keep an eye on our Sanford Power and Golf Academy Instagram pages as we might have some live or video workouts and exercises for you to follow.

A few options for adding weight to your workout would be to use any workout equipment that you have available at home. Be safe if you are unsure how to weight the exercise properly and follow along with what we have done at our Fieldhouse workouts. If you do not have equipment at home, a duffle bag or backpack full of canned food from your parent's pantry is also a good option for adding weight to some exercises. Be smart and be safe, it is better to do things light and not get injured than to try and push it and get injured while you are stuck inside. If the workout is too easy, which it will be, then add more sets and reps to certain exercises. When the weather gets nicer you can get outside and do some Cardio to stay in shape.

If you have any questions feel free to email me at [paul.lundgren@sanfordhealth.org](mailto:paul.lundgren@sanfordhealth.org). No matter if you are in the Power program or not don't hesitate to ask me questions. We are here to serve you and help you out during this time.

Sincerely,

Coach Paul Lundgren

## **At Home Workout Instructions:**

### **Warm-Up #1:**

1. Knee Hugs In Place – 10 Reps each Leg
  - a. Stand tall, place both hands on your knee and pull the knee to your chest. Alternate each leg.
2. Toe Pull (Quad Stretch) – 10 Reps each Leg
  - a. Stand tall, grab your foot and pull it towards your back. Alternate each leg.
3. Forward Lunge in Place – 10 Reps each Leg
  - a. Step forward and drop your back knee to the ground. Front leg should be parallel to the ground
4. Hi-Knees in Place – 20 reps Total
  - a. Standing tall, perform High Knees in place. Get your leg up to hip height every time.
5. Jumping Jacks – 20 Reps
6. Body Weight Squats – 10 reps
  - a. Place feet shoulder width apart with your arms stretched out in front of you. Squat down to where your hips and knees are at the same level.

### **Workout #1: Go through the entire workout 3-4 times**

1. Incline or Regular Push Ups – 10 Reps
  - a. Normal push ups should be performed with your hands underneath your shoulders and to where your chest is just barely off the ground. Incline Push-ups should be performed with your hands underneath your shoulders and to where the center of your chest touches the object you are placing your hands on.
2. Split Squat – 10 Reps each leg
  - a. Stand in a Forward Lunge Position with one leg forward the whole time. Lower your body until your back knee touches the ground. Keep your chest upright and keep your balance. Your knees and legs should form two 90 degree angles when at the bottom position. Perform 10 reps on one leg and then switch to your other leg.
3. Front Plank – 30 secs
  - a. Perform either a hand plank or elbow plank for 30 seconds. Place either your hands or elbows directly underneath your shoulders and lift your body flat off the ground holding your body tight during the whole time.
4. Leg Lifts – 10 Reps
  - a. Laying on your back with your face up. Place your hands underneath your lower back. While keeping your legs straight lift them a few feet off the ground and then lower them down to a couple inches off the ground. Repeat for 10 reps.
5. Squat Jumps – 10 Reps
  - a. Place feet hip width apart and place your arms on your hips. Lower down into a half squat and then jump up in the air. Repeat this 10 times in a row.
6. Mountain Climbers – 20 reps
  - a. Place Hands underneath shoulders and perform mountain climbers by lifting one leg up with you knee to hip height and then alternate each leg for 20 reps total

### **Cool Down Stretching #1: Repeat this cool down twice**

1. Butterfly Stretch – 20 secs
  - a. Sit on the ground and place the bottom of your feet together with your heels as close to your body as possible. Let your knees fall down towards the ground. Hold this position for 20 secs.
2. Figure 4 Runners Stretch – 20 secs each leg
  - a. Sit on the ground. Extend one leg straight out from your body while the other is bent with your heel close to your body. Your legs should resemble the number 4. Lean forward and reach towards the toe of the foot that is furthest from your body. Hold for 20 secs and switch legs.
3. V-Sit Stretch – 20 secs
  - a. Sit on the ground. Extend both legs straight out from your body and split them apart. Your legs should form the letter V as you sit on the ground. Reach forward between your legs as far as you can and hold this position for 20 secs.
4. Arm Across Stretch Shoulder Stretch – 20 secs each arm
  - a. Standing Upright. Take one arm and pull it across your chest while pulling it tight to your chest with the other arm. Hold this position for 20 secs and switch arms.
5. Arm Over Head Latissimus Stretch – 20 secs each arm
  - a. Standing Upright. Take one arm and pull it over top of your head. With your other hand reach up and grab the elbow of the stretching arm and pull it over your head. Hold this position for 20 secs and switch arms.

## **Warm Up #2:**

1. Standing Toe Touch – 10 reps
  - a. Standing Upright with feet together. Bend over and try to reach your toes while keeping your legs straight. Stand slowly back up and repeat for 10 reps.
2. Standing Hip Stretch (Flamingo Stretch) – 10 reps each leg
  - a. Standing Upright. Bring the heel of your foot to your opposite hip. One hand should be on your knee and the other placed on your ankle. With your arms pull the leg up and then relax. Alternate legs and perform 10 reps on each leg
3. Lateral (Side) Lunge in Place – 10 reps each leg
  - a. Standing Upright. Take one leg and step to the side. Keep your chest upright and toes pointed forward. Push back to standing and alternate legs to perform 10 reps each leg.
4. Butt-Kicks in Place – 20 reps
  - a. Standing Upright. Perform butt-kicks in place for 20 reps. Use your arms as well.
5. Toe Hops – 20 Reps
  - a. Standing Upright. Hop forward and backwards 20 times as fast as you can
6. Incline or Regular Push Ups – 10 reps
  - a. Perform Incline or Normal Push-Ups for 10 reps.

## **Workout #2: Go through the entire workout 3-4 times**

1. Squats – 10 Reps
  - a. Stand with feet hip width apart and lower your hips down to where your hips are even with your knees. Stand back up when you reach your lowest point and repeat for 10 reps.
2. Bear Crawl – 20 secs
  - a. Perform a bear crawl around your house for 20 secs. Keep your core tight and knees just a couple of inches off the ground. If you can't move around hold this position for 20 secs with your knees off the ground.
3. Sit-Ups – 10 reps
  - a. Place your toes underneath your couch or something heavy to hold you. Perform 10 sit ups all the way up to your knees and back down.
4. Flutter Kicks – 20 reps total
  - a. Lay on your back and place your hands underneath your lower back. With your feet a couple inches off the ground move your legs like a scissors up and down for 20 reps total.
5. Russian Twists – 20 reps total
  - a. Sitting on the ground rotate your upper body to touch the ground on each side for 20 reps total.
6. Jumping Jacks – 15 reps
  - a. Perform Jumping Jacks with good form 15 times.

## **Cool Down Stretching #2: Repeat this cool down twice**

1. Can Opener Stretch – 20 secs each leg
  - a. Sit on ground and extend one leg straight out from your body. Bend one leg with your foot back behind your hip. Twist your upper body towards the bent leg. Hold from 20 seconds and switch legs
2. Cobra Stretch – 20 secs
  - a. Laying with your stomach on the ground place your hands underneath your shoulders. Raise your head up into the air while keeping your hips on the ground. Hold this position for 20 secs.
3. Leg Across Body Hip Stretch – 20 secs each side
  - a. Laying on your back. Take one leg and lay it across your hips trying to touch the ground on the opposite side of your body. Try to keep your shoulders flat on the ground. Hold this position for 20 secs and switch sides.
4. Hamstring Stretch – 20 secs each leg
  - a. Standing Upright. Place one heel up on your couch or something elevated. Lean forward and press your heel into the object. Hold this position for 20 seconds and switch legs.
5. Standing Trunk Rotations – 10 twists back and forth
  - a. Standing Upright. Place your hands on your hips. Twist your upper body as far as you can to one side and then twist it back the other. Do this move slowly to feel a greater stretch. Repeat the rotations 10 times to each side.

Workout #1: Go through Workout Entirely and Repeat 3-4 times							Workout #2: Go through Workout Entirely and Repeat 3-4 times						
Perform Warm-Up #1 Before Workout							Perform Warm-Up #2 Before Workout						
Exercise	Week 1		Week 2		Week 3		Exercise	Week 1		Week 2		Week 3	
Push Up - Incline or Regular	10x		10x		10x		Squats	10x		10x		10x	
	10x		10x		10x			10x		10x		10x	
10x		10x		10x		10x			10x		10x		
10x		10x		10x		10x			10x		10x		
Split Squat	10x		10x		10x		Bear Crawl	20s		20s		20s	
	10x		10x		10x			20s		20s		20s	
	10x		10x		10x		Hold or Crawl	20s		20s		20s	
	10x		10x		10x			20s		20s		20s	
Front Plank - Hand or Elbow Plank	30s		30s		30s		Sit-Ups	10x		10x		10x	
	30s		30s		30s			10x		10x		10x	
	30s		30s		30s			10x		10x		10x	
	30s		30s		30s			10x		10x		10x	
Leg Lifts	10x		10x		10x		Flutter Kicks	20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
Squat Jumps	10x		10x		10x		Russian Twists	20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
	10x		10x		10x			20x		20x		20x	
MTN Climbers	20x		20x		20x		Jumping Jacks	10x		10x		10x	
	20x		20x		20x			10x		10x		10x	
	20x		20x		20x			10x		10x		10x	
	20x		20x		20x			10x		10x		10x	
Perform Cool Down #1 After Workout is Complete							Perform Cool Down #2 After Workout is Complete						