

2011 ED GOLF WEIGHT TRAINING

Day 1

Name _____

Enter weight used for each exercise in block by exercise

exercise					
Walking lunges 3 sets of 12					
Bench Press (machine) 3 sets of 12					
Lat Pulldown 3 sets of 12					
Military press (machine) 3 sets of 12					
Barbell curls (Machine) 3 sets of 12					
Tricep pulldown (Machine) 3 sets of 12					
Twisting crunches 3 sets of 12					

Day 2

exercise	Date	Date	Date	Date	Date
Ball Squats 3 sets of 12					
Bench Press (machine) 3 sets of 12					
Low to high woodchoppers 3 sets of 12					
Military press(machine) 3 sets of 12					
Dumbbell Curls 3 sets of 12					
Tricep kickbacks 3 sets of 12					
Crunches 3 sets of 12					

Day 3

exercise	Date	Date	Date	Date	Date	Date
<u>Walking Lunges</u> 3 sets of 12						
Ball Squats 3 sets of 12						
Push ups 3 sets of 12						
Seated row 3 sets of 12						
Arnold Press 3 sets of 12						
Preacher curls 3 sets of 12						
Tricep Pulldowns3 sets of 12						
Twisting crunches 3 sets of 12						