# CardioGolf 18-Hole At-Home Workout



Move, stretch and swing yourself to a better golf game. Try this CardioGolf At-Home Workout to stay healthy, fit and swinging well. CardioGolf Shortee Club and Slope available at <u>CardioGolf.com</u>.

#### CardioGolf 18-Hole At-Home Workout

## **CardioGolf Circuit**

1. Static Calf Stretch Standing on Slope-Hold 30 seconds

2. Static Hamstring Stretch Standing on Slope-Hold 30 seconds

3. Cat/Cow Stretch Hands on Slope-Hold 30 seconds

4. Hip Bridge with Heels on Slope-8 repetitions

5. Half Roll Down with Back Support on Slope-8 repetitions

6. Heel Touch-Touch Heels to Slope-8 repetitions

7. Chest and Back Opener Sitting on Slope-8 repetitions

8. Lat Stretch on Slope-Hold 30 seconds

9. Trunk Rotators Sitting on Slope-8 repetitions

10.Alternate Lunge on Slope-8 repetitions

11.Single Leg Balance on Slope-8 repetitions

12.Single Leg Multi-Plane Reach on Slope-8 repetitions

13.Single Leg Hip Opener on Slope-8 repetitions

14.Single Leg Squat with Supporting Foot on Slope-8 repetitions 15.Single Leg Touch Toe-8 repetitions

16.Back Arm Only Drill on UpSlope and Down Slope-8 repetitions

17.Front Arm Only Drill on UpSlope and Down Slope-8 repetitions

18.Full Swings Using Slope as Target Line-8 repetitions

Par Level: Do Circuit One Time Birdie Level: Repeat Circuit Two Times Eagle Level: Repeat Circuit Three Times Do Workout Two to Three Times per Week

## Flexibility/Core

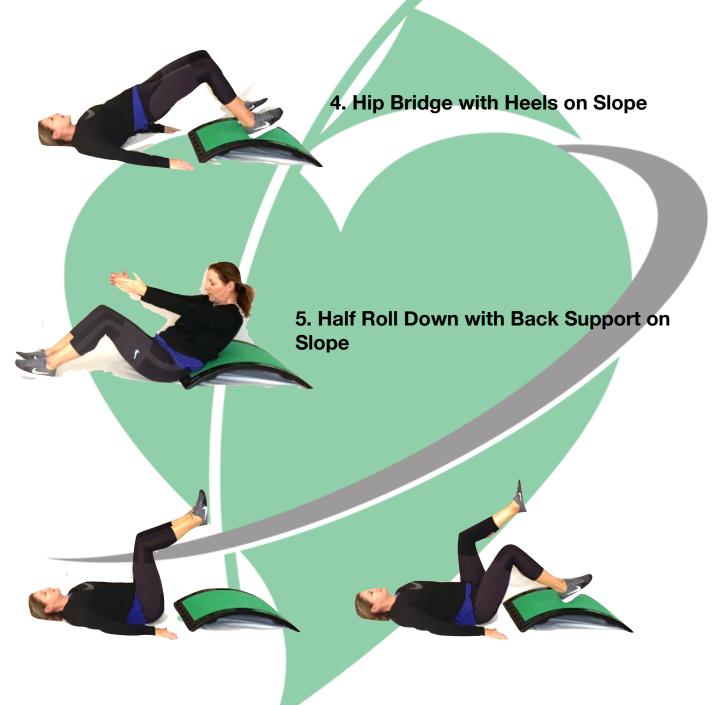
1. Static Calf Stretch Standing on Slope

2. Static Hamstring Stretch Standing on Slope



3. Cat/CowStretch Hands on Slope

## Flexibility/Core



6. Heel Touches-Touch Heels to Slope

### Flexibility/Core

7. Chest and Back Opener Sitting on Slope and with Back Support on Slope

8. Lat Stretch Hands on Slope

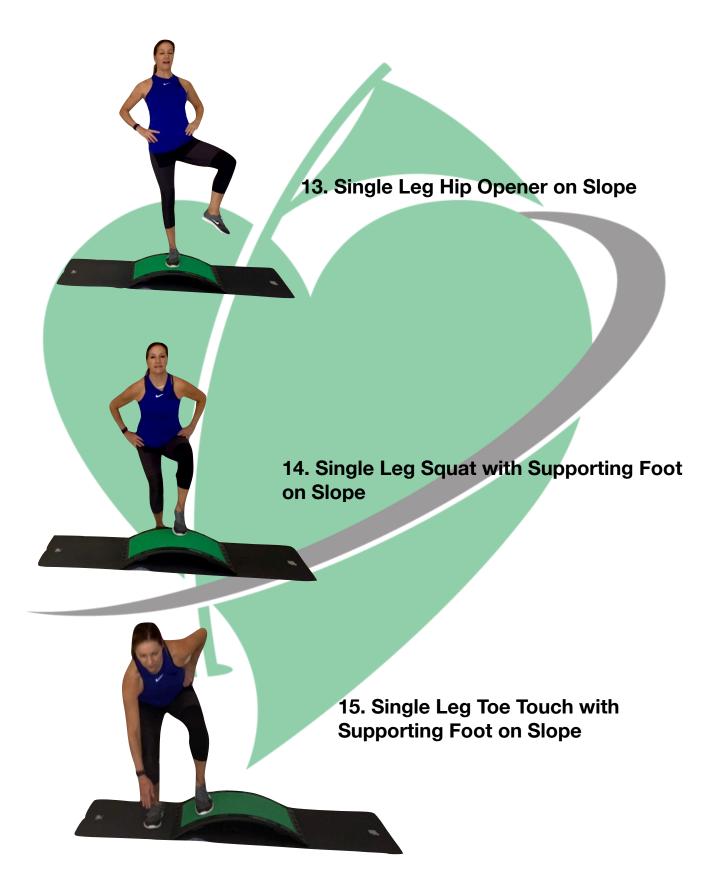
9. Trunk Rotators Sitting on Slope

## **Balance/Stability**

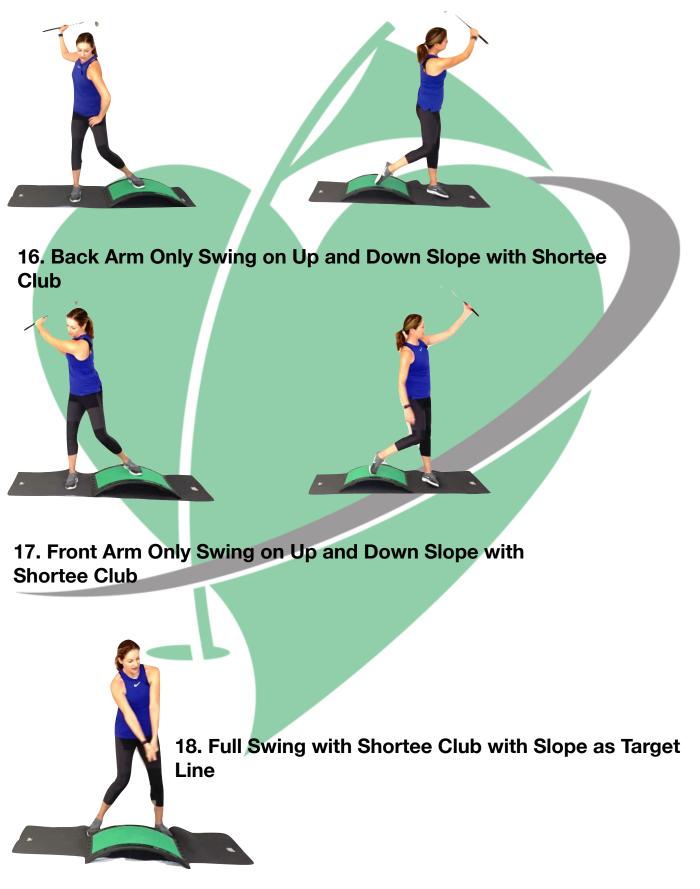


12. Single Leg Multi-Plane Reach on Slope

#### **Balance/Stability**



### **Swing Technique**



### Shop CardioGolf



Shortee Club and Slope available at

