

# 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 [CardioGolf.com](http://CardioGolf.com).*

# 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/Cow Stretch Hands on Slope**



## Flexibility/Core



**4. Hip Bridge with Heels on Slope**



**5. Half Roll Down with Back Support on Slope**



**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



10. Alternate Lunge on Slope



11. Single Leg Balance on Slope



12. Single Leg Multi-Plane Reach on Slope



## Balance/Stability



**13. Single Leg Hip Opener on Slope**



**14. Single Leg Squat with Supporting Foot on Slope**



**15. Single Leg Toe Touch with Supporting Foot on Slope**

# Swing Technique



**16. Back Arm Only Swing on Up and Down Slope with Shortee Club**



**17. Front Arm Only Swing on Up and Down Slope with Shortee Club**



**18. Full Swing with Shortee Club with Slope as Target Line**



## Shop CardioGolf



Shortee Club and Slope available at

**CardioGolf.com**

**SLOPE**



**23" Shortee  
Training Club**

**CardioGolf.com**