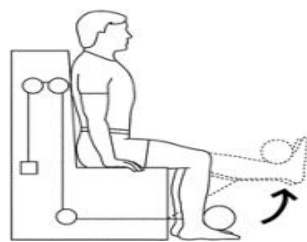


# Getting into the Swing of the Golf Season

## Strength Conditioning

### LEG EXTENSION



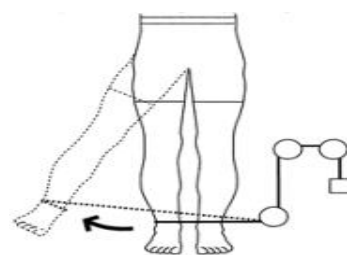
Driving Power

### LEG CURL



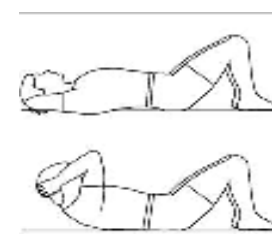
Driving Power

### HIP ABDUCTION



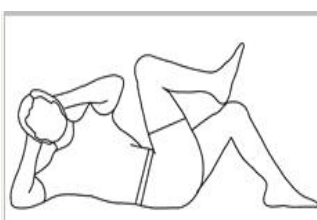
Driving Power

### ABDOMINAL



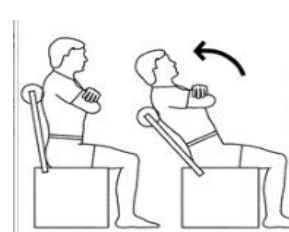
Power Transfer

### OBLIQUE CRUNCH



Power Transfer

### BACK EXTENSION



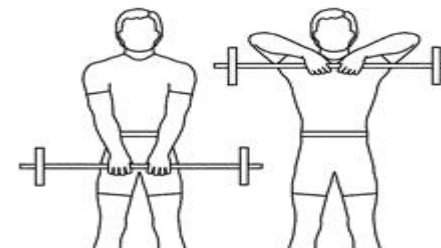
Power Transfer

### CHEST PRESS



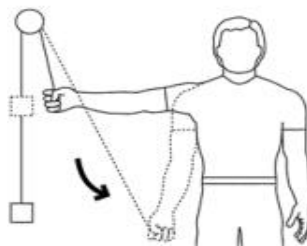
Swinging Action

### UPRIGHT ROW



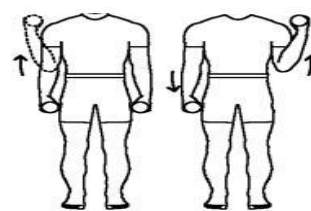
Stabilization

### LATERAL RAISE



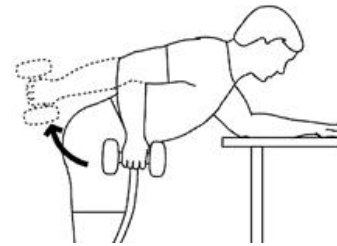
Swinging

### BICEP CURL



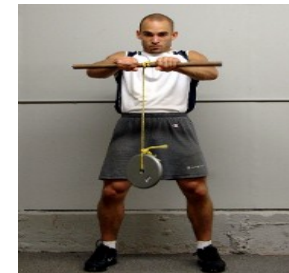
Club Control

### TRICEP KICK-BACK



Club Control

### WEIGHTED WRIST TURNS



Club grip



**YMCA**  
**Lunenburg County**

12 weeks, 1 set of 8-12 reps, 3 days per week