

**CLASS NAME | Golf strength**
**CLASS GOAL | Increase strength and balance for improved golf game**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	<i>Squat w/overhead press</i>	<i>Single arm/leg squat w/overhead press</i>
7-9	CARDIO	
9-11	<i>Pushup off PowerBlocks</i>	<i>Pushup off PowerBlocks w/twist</i>
11-13	CARDIO	
13-15	<i>Oblique crunch</i>	<i>Oblique crunch w/weights</i>
15-17	CARDIO	
17-19	<i>Squat with overhead rotations</i>	<i>Squat with overhead rotations w/toe raise</i>
19-21	CARDIO	
21-23	<i>Single arm row</i>	<i>Single arm row balanced on one leg</i>
23-25	CARDIO	
25-27	<i>Woodchop</i>	<i>Woodchop with squat</i>
27-29	CARDIO	
29-31	<i>Upright row</i>	<i>Upright row balanced on one leg</i>
31-33	CARDIO	
33-35	<i>Reverse crunch</i>	<i>Reverse crunch with oblique crunch</i>
35-37	CARDIO	
37-39	<i>Alt. lateral lunge</i>	<i>Alt. lateral lunge with front raise</i>
39-41	CARDIO	
41-43	<i>Lateral raise</i>	<i>Lateral raise with static lunge</i>
43-45	COOL DOWN	