

Bethel Golf Training Guide

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week							
	<i>Record completion of stretching in shaded areas.</i>							
Sprint 8 cardio	20 minutes 3 x week (begin with two cardio sprints and progressively build to all eight cardio sprints)							
	<i>Record completion of Sprint 8 cardio with number or check in shaded areas.</i>							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Begin with one set on strength training for one to two weeks, then to two sets for two weeks before going to Level Two.				
Chest	Chest press 3/10							
Back	Machine Rows 2/10 single arm DB rows 3/10							
Shoulders	Shoulder press 3/10 Mach rear delt flies 3/10							
Sports Specific Strength	Functional Trainer cable golf swings 3/10							
Biceps	Machine curls 3/10							
Triceps	Rope Tricep Press 3/10							
Forearms	Wrist superset 2/ sets							
Leg superset:	<i>Begin with 1 set, build to 3</i>							
1. Quads	Leg press 3/10							
2. Calves	3-way calf raises 3/10							
3. Bosu Balance Ball	Stability ball 10 seconds each leg							
Quads	Leg extensions 1/20							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Low back	Hyperextensions 1/20 with Russian twist							
Obliques	side bends 25lbs 10 ea on hyperext machine							
Abs	Crunches 3/20 Leg raises 3/20							