



Plyometric Exercises for Golfers

Gold	Exercise	sets/reps
	Standing Horz. MB Throw	3x25
	Side Lunges	3x8 r/l
	Skater Hops	3x8 r/l
	Chest Pass for Distance	3x8
	Russian Twist	3x10 r/l
	Back Squat (weight vest)	3x8
Depth Drop w/ Lateral movement	4x4-6 r/l	
Silver	Exercise	sets/reps
	Woodchop from Standing	3x10 r/l
	Kneeling Horz. MB Throw	2x25
	Giant Circles	3x10
	Overhead MB Slam	3x10
	Side Lunges	3x10 r/l
	Lateral Jump over Barrier	3x10
Skater Hops	3x10	
Bronze	Exercise	sets/reps
	Woodchop from kneeling	2x10 r/l
	Back Squat	2x10
	Squat Jump	2x10
	Pullover w/ MB	2x15
Pullover MB Throw	2x12	