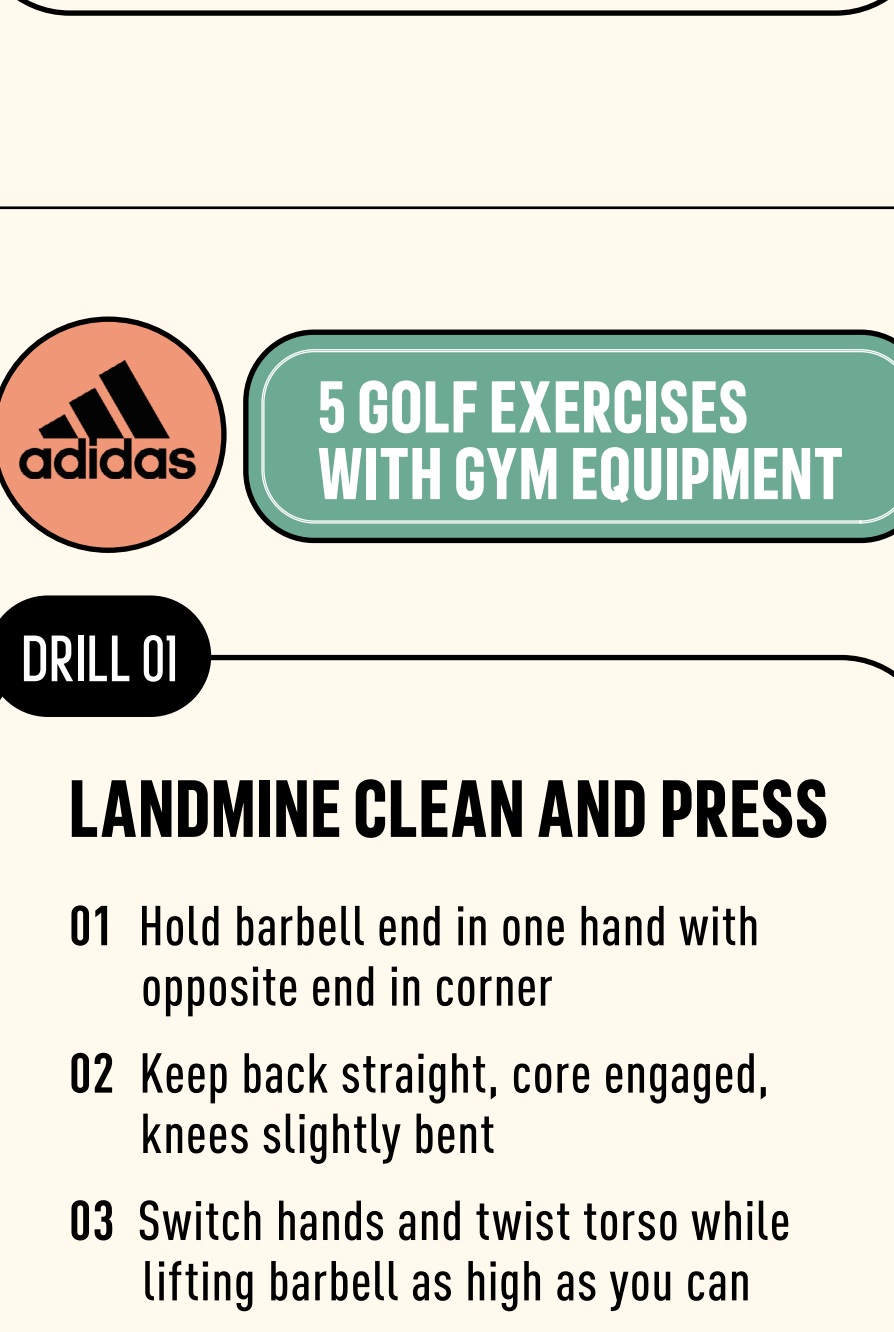




5 GOLF EXERCISES WITH GYM EQUIPMENT

GET READY!

- 01 Barbell
- 02 Medicine ball
- 03 Cable machine
- 04 Kettlebell
- 05 Resistance bands

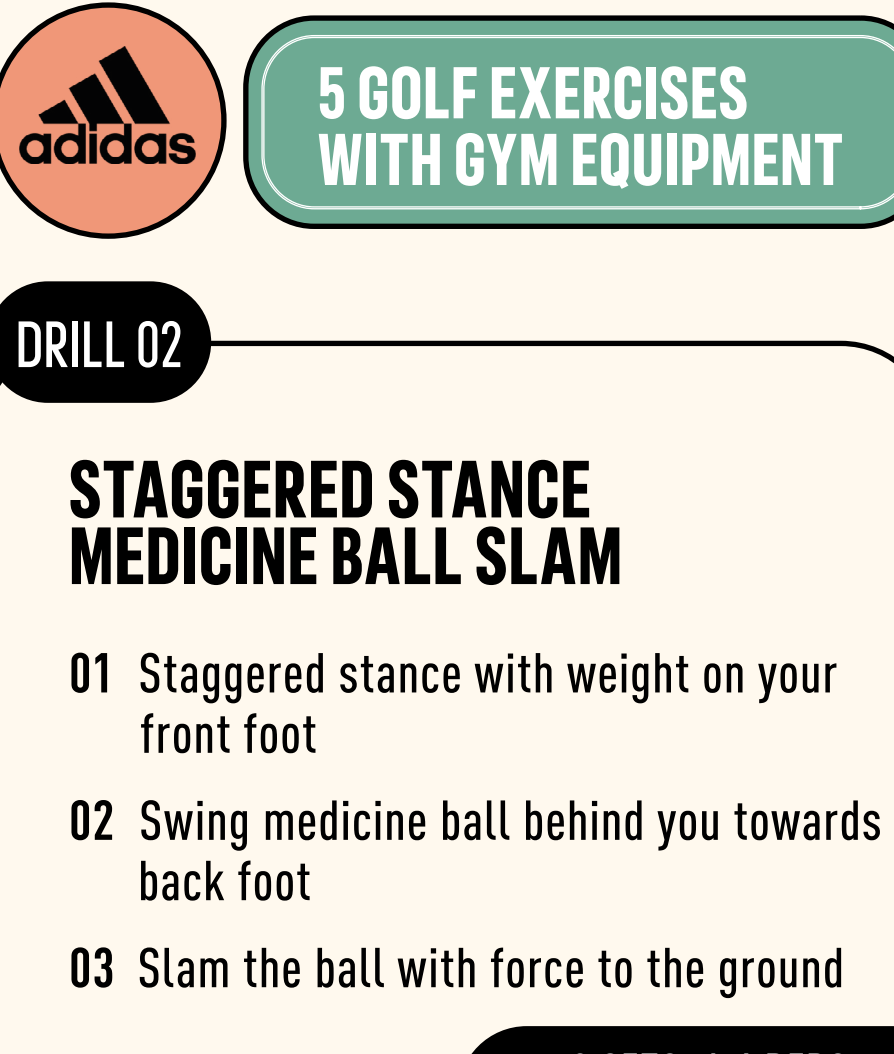


DRILL 01

LANDMINE CLEAN AND PRESS

- 01 Hold barbell end in one hand with opposite end in corner
- 02 Keep back straight, core engaged, knees slightly bent
- 03 Switch hands and twist torso while lifting barbell as high as you can

3 SETS, 4-6 REPS
ON EACH SIDES



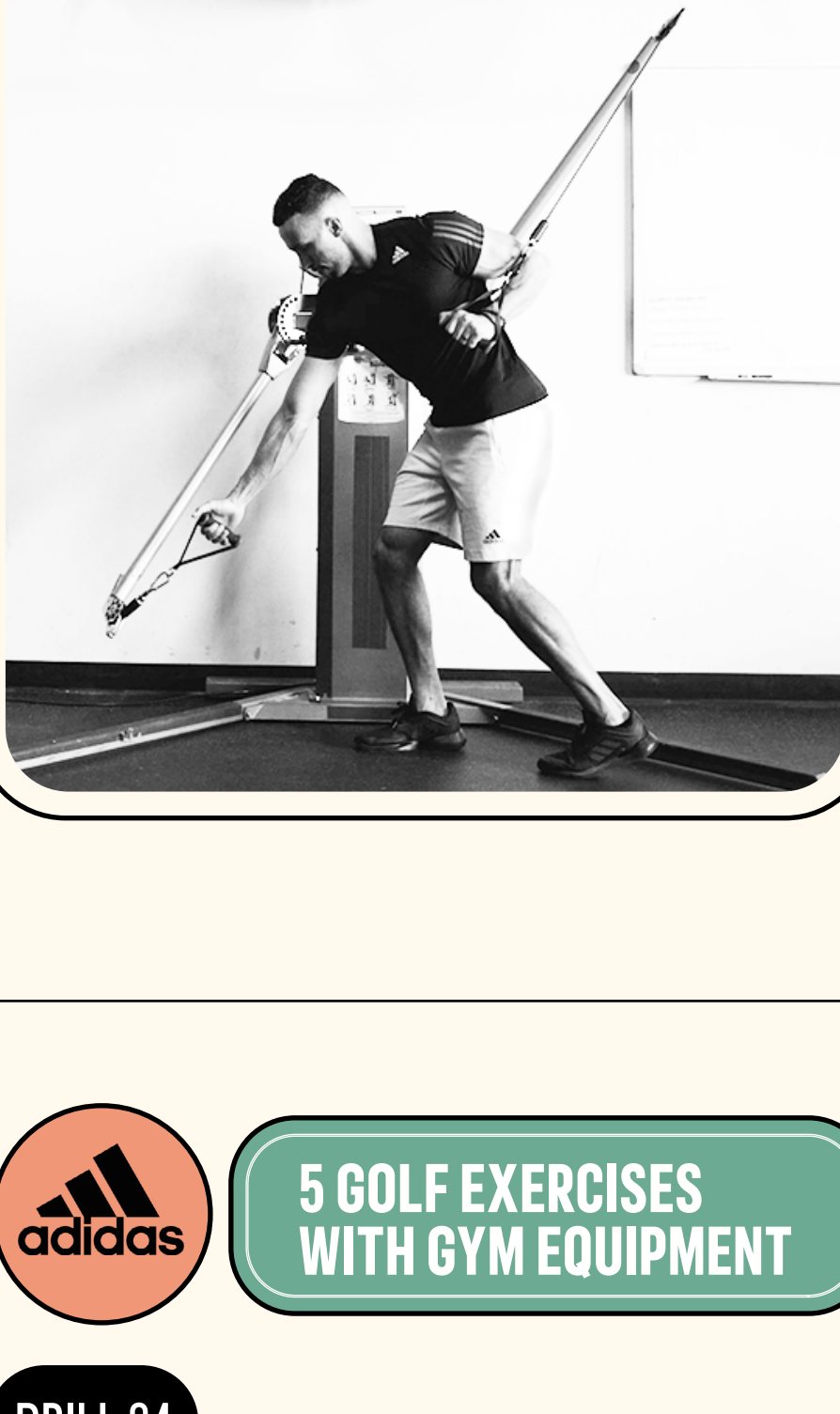
5 GOLF EXERCISES WITH GYM EQUIPMENT

DRILL 02

STAGGERED STANCE MEDICINE BALL SLAM

- 01 Staggered stance with weight on your front foot
- 02 Swing medicine ball behind you towards back foot
- 03 Slam the ball with force to the ground

3 SETS, 4-6 REPS
ON EACH SIDES



5 GOLF EXERCISES WITH GYM EQUIPMENT

DRILL 03

RECIPROCAL PUSH-PULL WITH CABLE MACHINE

- 01 Hold one cable high behind you and one cable low and in front
- 02 Start with high arm bent at elbow and low arm straight
- 03 Twist torso while pushing higher arm straight and pulling low arm back

3 SETS, 4-6 REPS
ON EACH SIDES



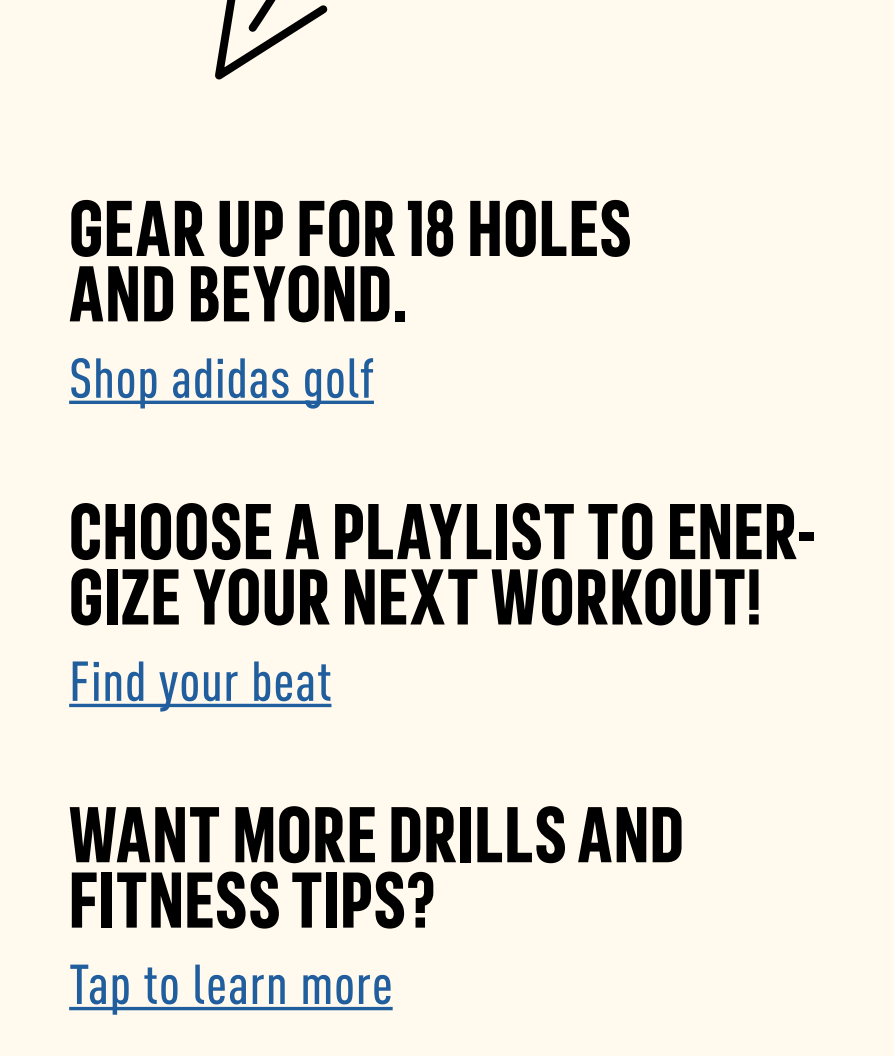
5 GOLF EXERCISES WITH GYM EQUIPMENT

DRILL 04

LATERAL LUNGE WITH HAND SWITCH

- 01 Stand up straight with kettlebell in right hand
- 02 Swing right leg out into lateral lunge
- 03 Hold lunge and swing kettlebell into left hand

3 SETS, 4-6 REPS
ON EACH SIDES



5 GOLF EXERCISES WITH GYM EQUIPMENT

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