



5 GOLF EXERCISES WITH GYM EQUIPMENT

LET'S GET READY!

01



BARBELL

02



MEDICINE BALL

03



CABLE MACHINE

04



KETTLEBELL

05



RESISTANCE BAND

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

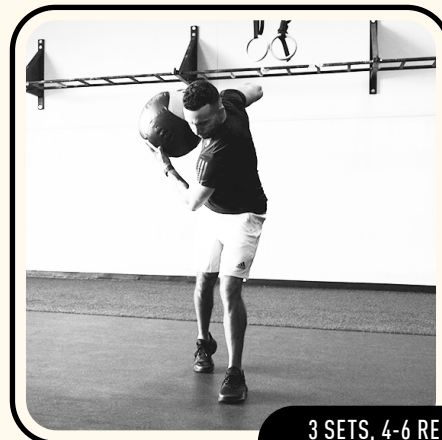


3 SETS, 4-6 REPS
ON EACH SIDES

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

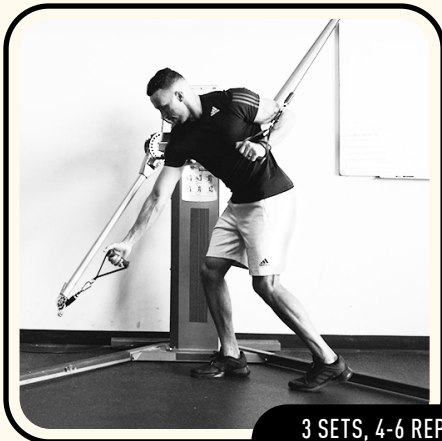


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DRILL 03

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

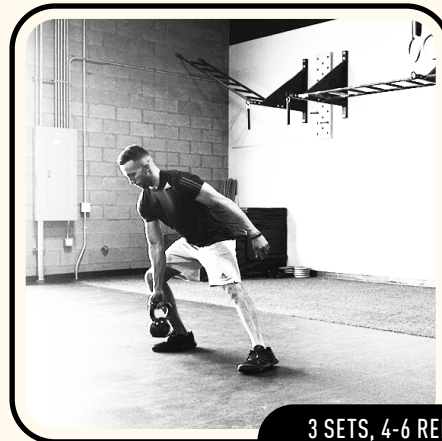


3 SETS, 4-6 REPS
ON EACH SIDES

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

DRILL 05

LOOPED 180° JUMPS

- 01 Attach resistance bands to wall and loop around shoulder
- 02 With looped shoulder away from wall, jump into 180° turn
- 03 Quickly jump back into starting position



3 SETS, 4 JUMPS
ON EACH SIDES

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GREAT JOB!