

Golf Rack Circuit

Created by Tad Johnson, CSCS

1.

- Hex Deadlift
- DB Curl to Press
- Piston Squat Right leg
- Twisting Row
- Piston Squat Left leg

2.

- DB InLine RDL Right leg
- BOSU Push up
- DB InLine RDL Left leg
- Face Band Pull Apart
- Gopher U abs

3.

- DB Squat to Press
- Dynamic Lat Pull
- Goblet Messier Squat
- Inverted Row
- V-Ups

4.

- Squat
- Lat Pull
- BB rev lunge
- OC Push up
- SWB Leg Curl

5.

- Glute Swing Right
- SWB TW BND left
- Glute Swing left
- SWB TW BND right
- OH lat raise

6.

- Alternating High Step Up
- Bench Groin Add Right
- DB Bench Press
- Bench Groin Add Left
- Curl to Arnold Press