

GOLF FITNESS KIT

#1GFK – Ideal tool for every golfer

Use this fitness kit in the **Gym, Outside, Indoor or With Your Personal Trainer**. You can get a great workout anytime, ANYWHERE! **Men and Women**



FIT FOR GOLF

SkyLimitFitness.com

Strength, Flexibility, Core Stability, Balance

DVD, Exercise guide, 4 Elastic tubes, 2 Handles, Ankle attachment, Door attachment, Universal attachment/Yoga strap, Carry bag

The golf world today

Professional golfers spend long hours of training in fitness centers to improve their fitness condition.

An especially important part of the fitness preparation is training for Strength, Flexibility, Core Stability and Balance to achieve great golf game and prevent injuries.

As we know sometimes it is a challenge to find time to go to the gym. With this Golf Conditioning Fitness Kit we bring the gym to you.

We have created a great number of exercises to help you to improve your golf game and prevent injuries. It is like having a gym in a bag!

This unique fitness kit will help you to improve:

- Strength
- Flexibility
- Core Stability
- Balance
- Coordination



At the end of this manual you will find a few fitness programs. Other option is to talk to your personal trainer to create a program that is the most suitable for your personal fitness goals. Or, simply create your own program. Sky is the limit.

Jordan Panaiotov - Founder of:



“Today’s decisions are tomorrow’s realities”



Your golf conditioning work out begins right now, in three easy steps!

Secure the strap around your golf cart, post, or any immovable object.
Attach the green or red elastic tubes to the strap using the spring links.

Add the handles on the other side of the bands.

You are ready to begin!

“Today’s decisions are tomorrow’s realities

GOOD LUCK

Jordan Paniotov – Founder of:



Safety precautions and maintenance: Always examine tubing before using for nicks, small tears and punctures that may cause tubing to break. If you find any flaws discard the elastic tubes. Protect from sharp objects and extreme heat. Do not leave it in the sun.

Core and Shoulders

Start



Begin with your feet about 30 inches apart, knees slightly bent.

Grip Golf handle securely and maintain tension in the tube throughout the exercise.

Finish



Pull the handle to your left as you engage your abdominals. Keep your knees and elbows slightly bent.

Core and Shoulders

Start



Begin with your feet about 30 inches apart, knees slightly bent. Grip Golf handle securely and maintain tension in the tube throughout the exercise

Finish



Pull the handle to your upper left side. Pivot the right foot . Keep your core engaged the entire time.

Core and Shoulders

Start



Begin with your feet about 30 inches apart, knees slightly bent.

Grip Golf handle securely and maintain tension in the tube throughout the exercise.

Finish



Pull the handle down toward your foot and return to standing position.

Keep your knees slightly bent and core muscles engaged throughout the exercise.

Biceps

Start



Begin with your feet shoulder width apart, knees and elbows slightly bent. Hold arms out directly in front of your shoulders.

Finish



Flex your elbows and Contract your biceps. Keep the knees slightly bent, shoulder blades together and core engaged at all times.

Shoulders and Core Strength

Start



Begin with your feet about 30 inches apart, knees slightly bent. Grip handles securely and maintain tension in the tubes throughout the exercise

Middle



Pull handles to the left, while lifting left arm upward and pulling right arm downward. As you rotate torso to the left, keep legs and hips stationary.

Finish



Then, pull the handles to the right and rotate the torso to the right as well. Keep legs and hips stationary, back straight .

Core Stability

Start



Begin with your feet about 30 inches apart, knees slightly bent. Grip handles securely and maintain tension in the tubes throughout the exercise.

Middle



Pull the handles to the right, keeping your knees slightly bent throughout the exercise.

Finish



Then, pull the handles to the left, while the hips maintain a stationary position.

Rear Deltoids

Start



Begin with your feet shoulder width apart, knees and elbows slightly bent. Extend your arms to the side, just below shoulder height.

Finish



Pull elastic tubes back, as you contract your shoulder blades together.

Back Strengthening

Start



Begin with feet shoulder width apart, knees and elbows slightly bent. Keep your arms in front, holding each handle.

Finish



Pull handles in, toward your waist. Contract your back muscles with each repetition, focus on posture.

Triceps, Rear Deltoids

Start



Begin with your legs shoulder width apart. Keep knees slightly bent, with arms down, palms facing back.

Finish



Pull the elastic tubes. Range of motion comes from your shoulder only. Keep torso and legs stationary.

Triceps

Start



Begin with your feet shoulder width apart and knees slightly bent. Lean forward, as you keep your elbows bent.

Finish



Extend your elbows and contract triceps. Keep your upper arm stationary at all times. Range of motion comes from the elbows only.

Back and Core Stability

Start



Begin with your feet about 30 inches apart, knees slightly bent. Grip handles securely and maintain tension in the tubes.

Finish



Pull both handles to the left, as shown. Keep your hips stationary. Rotate the torso. (Do the same for the opposite side)

Back , Core Stability , Shoulders

Start



Begin with your feet about 30 inches apart, knees slightly bent. Grip handles securely and maintain tension in the tubes.

Finish



Pull the elastic tube with your right hand toward your left foot, while rising your left arm toward the sky.

Chest

Start



Begin with one foot in front, as shown. Keep elbows slightly bent.

Extend arms sideways.

Grip handles securely.

Finish



Bring the handles together in front as shown. Keep your elbows slightly bent throughout the exercise as you contract your chest muscles with each repetition.

Chest and Shoulders

Start



Begin with feet shoulder width apart, knees and elbows slightly bend as you hold on to the handles.

Finish



Pull the handles upward to shoulder height, maintain posture and keep knees slightly bent.

Chest, Shoulders, Triceps

Start



Begin with one foot in front, as it shown. Bend elbows at chest level. Keep the torso and legs stationary.

Finish



Press handles forward, extending shoulders and elbows. Keep torso stationary.

Rotator Cuff Strengthening

Start



Stand with feet shoulder width apart, as you hold on to the handle with one arm.

Finish



Pull the handle to the left while rotating from your shoulder.
(Do the same for opposite side)

Overhead Triceps

Start



Begin with one foot in front, as it shown. Keep knees slightly bent.

Hold on to the handles over your head with elbows bent.

Finish



Press the handles overhead as you keep your upper arm stationary at all times. Range of motion comes from your elbows only.

Alternating Lunges, Chest, Legs and Balance

Start



Begin with arms extended to the side as shown, feet shoulder width apart. Keep knees slightly bent.

Finish



Step forward in lunge position, while bringing the handles together in front of your chest. Alternate legs and repeat.

Quadriceps, Back, Balance

Start



Place your bodyweight on one foot as shown. Grip handles with elbows slightly bent.

Finish



Extend the other leg , as you bend the leg you are standing on. Pull handles toward your chest. Keep back straight.

Back and Core

Start



Begin with your feet about 30 inches apart, Knees slightly bent. Grip handles and maintain resistance.

Finish



Pull handles downward toward your left foot. Keep your knees slightly bent throughout the exercise.

Back and Balance

Start



Raise your left foot .

Shift your bodyweight over your right foot. Grip handles securely.

Finish



Pull handles toward your chest and lift your left knee toward chest simultaneously.

Shoulders, Back, Gluteus and Balance

Start



Lift your right leg off the ground and shift your bodyweight to your left foot. Grip handles while leaning forward.

Finish



Raise your right leg as you pull elastic tubes upward and back.

Legs, Back and Balance



Start

Lift your left leg off ground.

Shift your bodyweight to right foot. Grip handles securely.



Middle

Pull handles toward chest and lift left knee toward chest simultaneously.



Finish

Rotate your hip externally (Do the same for opposite Side)

Core, Shoulders and Hamstrings Stretch

Start



Begin with feet shoulder width apart, knees and elbows slightly bent.

Middle



Pull handles toward your feet. Keep your knees slightly bent without further bending.

Finish



Pull handles toward the sky as shown.

Core, Shoulders and Back Stretch



Start

Begin with feet shoulder width apart. Knees slightly bent. Hold handles securely.



Middle

Pull handles downward and to left side of your legs.



Finish

Pull handles downward and to the right side of your legs.
(Repeat for other side.)

Universal attachment / Ankle attachment

The exercises demonstrated in the previous pages are performed, by using golf cart as an anchor. If golf cart is not available then your back yard could become an outside gym.

Secure the universal attachment to a tree, post, anchored bench or any other immovable object.



Indoor Attachment



1. Open the door
2. Place the attachment between door and door frame.
3. Close the door (Make sure the door is completely shut)
4. Clip the elastic tube to the attachment
5. You are ready to start your work out

Various anchor points



Various anchor points



Legs and Core Stability

Start



Lie on your back. Support your head as shown. Press small of your back against the mat. Engage your abdominals.

Finish



Pull your leg toward the chest. Contract your abdominals and quads with each repetition. (Do the same For opposite side)

Gluteus and Hamstrings

Start



Place both hands on the mat.
Extend your right leg sideways.

Finish



Pull the elastic tube
back and upward.
(Do the same for opposite side)

Outer Thigh and Balance

Start



Shift your body weight to your left leg. Elevate your right foot off ground. Engage core and relax your neck.

Finish



Pull the ankle strap to the right as you keep your balance.

(Do the same for opposite side)

Inner Thigh and Balance

Start



Shift your bodyweight to your right leg. Elevate your left foot off ground. Engage your core and keep your neck relaxed.

Finish



Pull ankle strap inward, while keeping your balance.

Quadriceps

Start



Start with both legs on the ground. Engage your core and keep your neck relaxed.

Finish



Pull the ankle attachment forward as you keep core muscles engaged.

Hamstrings

Start



Start with both legs on the ground. Engage your core and keep your neck relaxed.

Finish



Pull the ankle attachment backward as you keep your core engaged.

Stretching Low Back, Oblique, Latissimus



Start

Hold the strap and raise your hands over your head.

Lean to the right as you move the hips to the opposite direction.



Finish

Alternate and repeat

Stretching regularly will help to:

- Increase physical efficiency and performance
- Decrease risk of injuries
- Improve postural awareness
- Increase blood supply to joint structure
- Promote muscular relaxation

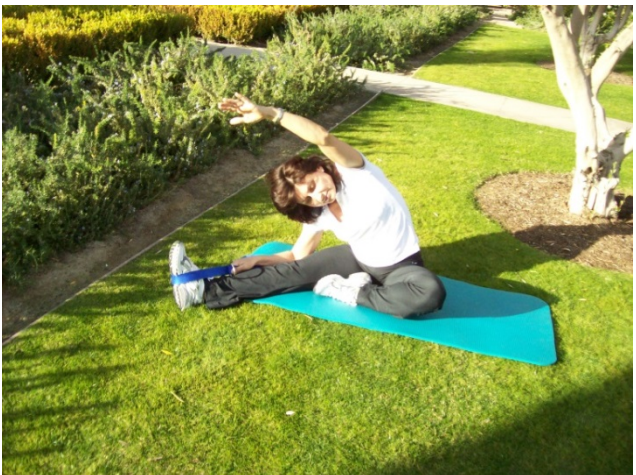
Stretching Lower Back, Hamstrings, Obliques and Latissimus



Lie on your back. Lift legs up.
Place the strap on your feet.
Pull the legs toward the chest
(Hamstrings /Gluteus stretch)



Sit on the mat. Keep your knees extended, but not locked. Place strap on feet. Keep your spine aligned and lean forward.
(Hamstrings, Low Back)

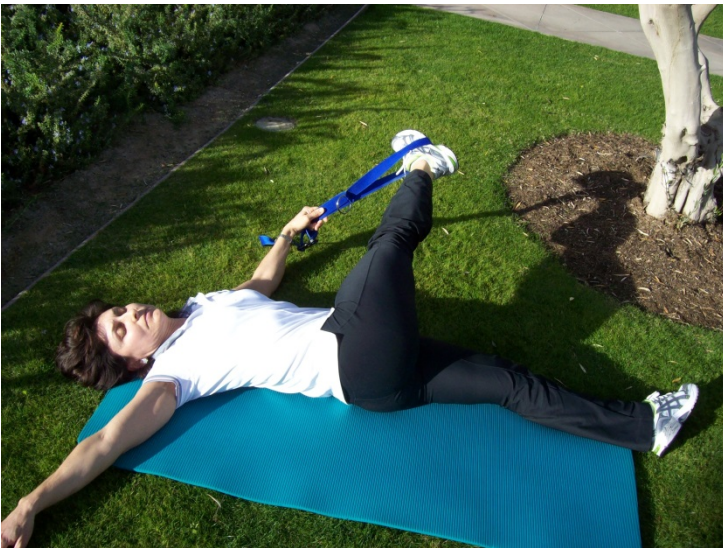


Extend right leg to the side. Bend left knee and bring left foot in.
Place the strap on right foot.
Hold on to the strap with right hand and lean to the side. (Oblique, Latissimus, Hamstrings)

Stretching Hamstrings, Gluteus, Outer and Inner Thigh



Lie on your back. Place the strap on your foot and pull the leg toward your chest.



Hold the strap with your left hand and bring the right leg to the left. Keep your shoulders on the mat.



Pull your right leg sideways by stretching your inner thigh. Keep your shoulders on the mat

Stretching Hamstrings, Quadriceps, Inner Thigh



Place the strap on your right foot. Hold the strap with left hand. Hold on to a stable object with your right hand. Extend leg from hip.



Place the strap on your left foot. Hold strap with your left hand. Hold on to a stable object with right hand. Lift left leg to stretch hamstrings.



Place strap on your left foot. Hold the strap with your left hand. Hold on to a stable object with the other hand. Lift your leg to the side.

Program One

- Core and Shoulders - pg.1 (3sets of 8-12rep.)
- Biceps pg.4 (3sets of 8-12rep.)
- Core Stability pg.6 (3sets of 8-12rep.)
- Back Strengthening pg.7 (3sets of 8-12rep.)
- Chest pg.13 (3sets of 8-12rep.)
- Alternating Lunges pg.18 (3sets of 8-12rep.)
- Shoulders, Back, Balance pg.22 (3sets of 8-12rep.)
- Quadriceps, Balance pg.34 (3sets of 8-12rep.)
- Stretching pg.36 (hold the stretch for 20-40sec)
- Stretching pg.37 (hold the stretch for 20-40sec)

Program Two

- Core and Shoulders pg.3 (3sets of 8-12rep.)
- Shoulders and Core pg.5 (3sets of 8-12rep.)
- Core Stability pg.6 (3sets of 8-12rep.)
- Triceps pg.10 (3sets of 8-12rep.)
- Chest, Shoulders, Triceps pg.15 (3sets of 8-12rep.)
- Back and Balance pg.21 (3sets of 8-12rep.)
- Core and Hamstring Stretch pg.24 (3sets of 8-12rep.)
- Outer Thigh and Balance pg.32 (3sets of 8-12rep.)
- Stretching pg.37(hold the stretch for 20-40sec)
- Stretching pg.38 (hold the stretch for 20-40sec)

Program Three

- Core and Shoulders pg.2 (3sets of 8-12rep.)
- Back Strengthening pg.7 (3sets of 8-12rep.)
- Rear Deltoids pg.9 (3sets of 8-12rep.)
- Back and Core Stability pg.11 (3sets of 8-12rep.)
- Chest and Shoulders pg.14 (3sets of 8-12rep.)
- Rotator Cuff pg.16 (3sets of 8-12rep.)
- Shoulders, Legs, Balance pg.22 (3sets of 8-12rep.)
- Core, Shoulders, Back pg.25 (3sets of 8-12rep.)

- Stretching pg.38 (Hold the stretch for 20-40sec)
- Stretching pg.39 (Hold the stretch for 20-40sec)



Outdoor



Indoor

