



PRESEASON GOLF WORKOUT



ANCORE



ANCORE PRESEASON GOLF WORKOUT BEFORE WE GET STARTED

**SCAN THIS QR CODE TO ACCESS VIDEO
DEMONSTRATIONS OF EACH MOVEMENT**



ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #1

START HERE - PHASE #1 OVERVIEW

- This phase is designed to run for four weeks.
- Workouts can be completed every MWF or TRS.
- Complete the Mobility section at the start of the video before beginning each day.
- Gradually progress the resistance/weight each week.
- You can record your resistance progress on the included table on the final page.

Have questions? Feel free to email us at hello@ANCOREtraining.com

ACTIVATION

EQUIPMENT LIST

- ANCORE Pro/ANCORE cable machine
- Waist strap attachment
- Kettlebell
- Medicine ball
- Dumbbell
- Mini-bands
- Bench
- WhatsThatStrap
- Airex Pad

MOVEMENT	SETS	REPS	COACHING CUE
Lateral Band Walks	3	8 each side	Stay in an athletic position - take controlled steps - Keep hips level.
Banded Thoracic Rotation	3	8 each side	Keep outward pressure on band - Stay in athletic position.
Paloff Press	3	6 each side	Move into posterior tilt, engage abdominal muscles then press out in a controlled movement. Hold for 5 sec.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #1

POWER

MOVEMENT	SETS	REPS	COACHING CUE
Jump w/ Single Leg Land to Skater	3	6 each side	Focus on controlled landing before lateral jump - once in stable landed position, laterally jump as quickly as possible.
Med Ball Skip angle toss	3	6 each side	Rotate as if coming into a backswing—shift weight into the heel of the rear foot—start a downhill motion with hip rotation—tuck the trail elbow and rotate the hand to the top of the MB—As quickly as possible, slam the ball into the ground just in front of the trail foot and finish the golf swing. We are learning to generate speed in the correct position.

CORE

MOVEMENT	SETS	REPS	COACHING CUE
ANCORE RFE Split Squat with Row + Rotation	3	8 each side	Place pad under knee - Hold Ancore handle on the side of raised leg- From knee at 90 degrees - stand until slight bend in knee - Pull handle to the side of ribs and turn towards raise leg.
Plank w/ Dips	3	6 each side	Hold plank position - straight line from shoulders to hips to ankle - engage core - slowly rotate hips then touch to the ground - return to plank position before rotating to the other side.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #1

ACCESSORY

MOVEMENT	SETS	REPS	COACHING CUE
Single-Leg Hip Bridge	3	8 each side	Keep hips in posterior pelvic tilt - knee just under 90 degrees - toe up - drive heel into the ground and squeeze glute - hold for 3 seconds at the top - tap butt to the ground and go back up.
Single Arm Dumbbell Chest Press	3	8 each side	Engage core- make sure feet are flat on the ground - don't let one side of hips drop when pressing - keep DB at 45-degree angle relative to rib cage - control on the down motion.

CONDITIONING

MOVEMENT	SETS	REPS	COACHING CUE
2500 Meter Row	N/A	1	N/A

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #2

ACTIVATION

MOVEMENT	SETS	REPS	COACHING CUE
Banded Hip Bridge	3	8	Keep outward pressure on band but knees should be in neutral position - drives through heels - toe up - squeeze glutes at the top.
High Plank Banded Reach	3	8 each side	Straight line from head to shoulder to hip to ankle - thumbs pointed at each other - make smaller controlled movements with arm.
Side Plank with Reach Through	3	8 each side	Straight line from shoulder to elbow - hip ankle shoulder in line - hip off the ground - reach under body in controlled movement then rotate top hand to the sky.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #2

POWER

MOVEMENT	SETS	REPS	COACHING CUE
Waist Belt Lateral Jumps	3	6 each side	Athletic position - drive off of inside leg. Stay in athletic position as you take controlled steps back toward the wall. Make sure there is tension at before jumping. Should be explosive movement outward.
Split Squat Overhead Slam	3	6 each side	Split squat stance - down knee should be about 3-4 inches off the ground - front knee at about 90 degrees - back foot up on toe - stabilize - turn slowly toward down leg then perform explosive overhead slam to the side of up knee.

CORE

MOVEMENT	SETS	REPS	COACHING CUE
Kettlebell Deadlift	3	8	Knees slightly bent - back remains in neutral position - push hips back and bring weight down in controlled movement bring chest up and squeeze glutes as hips come forward.
WhatsThat Rotation	3	8 each side	Place trail arm into strap up to armpit - rotate 360 degrees and get into athletic position - allow band and weight to pull you into back swing position. Move through swing plane against resistance.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #2

ACCESSORY

MOVEMENT	SETS	REPS	COACHING CUE
Squat to Press with Kettlebell	3	8 each side	Hold two KBs in front squat position - lower into deep squat (below parallel) - Stan to the top of squat and press KBs overhead.
Kettlebell Rotation	3	8 each side	get into kneeling position - engage core and get into postero pelvic tilt - in a controlled manner toate KB overhead and around the body back to center.

CONDITIONING

MOVEMENT	SETS	REPS	COACHING CUE
Echo Bike Tabatas	N/A	1	20 second sprint, 10 second rest. As many sets as possible.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #3

ACTIVATION

MOVEMENT	SETS	REPS	COACHING CUE
Banded Lateral Touches	3	8 each side	Place band around midfoot - get in an athletic position (knees slightly bent, hinge at hips). Balance on one leg engage the opposite leg glute, and tap out at 45 degree angle.
Serratus Slide	3	8	Place mini band around wrists - lift elbows to 90 degrees at the shoulder - apply pressure outward to the band. Turn palms toward each other. Press forearms into wall and slide hands up until elbows are straight.
Dead Bugs	3	8 each side	Lay on your back - bring knees up and get hips and knees at 90 degrees - raise arms in front of your chest - lower opposite arm and leg while engaging core - do not let back arch.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #3

POWER

MOVEMENT	SETS	REPS	COACHING CUE
ANCORE Explosive Rotations	3	6 each side	Place ANCORE at hip level - rotate into back swing position - explode through swing motion - focus on swing sequence and speed.
Split Squat Jumps	3	6 each side	Get down into split squat stance - explode off ground - switch front foot in the air and land softly.

CORE

MOVEMENT	SETS	REPS	COACHING CUE
Kneeling Upside Down Kettleball Press	3	8 each side	Get into stable kneeling position - keep posterior pelvic tilt - hold KB in upside down position and press upward - focus on stabilizing the KB throughout the movement.
Banded Goblet Squat	3	8 each side	Place mini band just below knee caps - feet slightly wider than shoulder width - keep outward pressure on band as you squat with kettlebell at chest - squeeze glutes at the bottom and stand.

ANCORE PRESEASON GOLF WORKOUT

PHASE #1 | DAY #3

ACCESSORY

MOVEMENT	SETS	REPS	COACHING CUE
Y's with Plates	3	8	Lay on an incline bench - turn thumbs up to the sky - initiate the movement by bringing scapula back and down into correct posture - raise hand up until in line with the spine.
Bird Dog Row	3	8 each side	Get into stable bird dog position - do not let hips turn - have a straight line from back of the head to your hip to your back extended foot - pull kettlebell into row position

CONDITIONING

MOVEMENT	SETS	REPS	COACHING CUE
Long Slow Distance	N/A	1	70-80% heart rate max, aerobic workout of your choice (swimming, running, biking, etc).

Week #1

Day 1	Sets	Reps	Weight	Day 2	Sets	Reps	Weight	Day 3	Sets	Reps	Weight
Lateral Band Walks	3	x8 ea		Banded Hip Bridge	3	x8		Banded Lateral Touches	3	x8 ea	
Banded Thoracic Rotation	3	x8 ea		High Plank Banded Reach	3	x8 ea		Serratus Slide	3	x8	
Paloff Press w/ Posterior Tucks	3	x6 ea		Side Plank with Reach Through	3	x6 ea		Dead Bugs	3	x8 ea	
Jump w/ single leg land to skater	3	x6 ea		Waist Belt Lateral Jumps	3	x6 ea		ANCORE Explosive Rotations	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
MB Skip Angle Toss	3	x6 ea		Split Squat Overhead Slam	3	x6 ea		Split Squat Jumps	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
ANCORE RFE split squat with row + rotation	3	x8 ea		Kettlebell Deadlift	3	x8		Kneeling Upside Down Kettleball Press	3	x8 ea	
		x8 ea				x8				x8 ea	
		x8 ea				x8				x8 ea	
Plank w/ dips	3	x6 ea		WhatsThat Rotation	3	x8 ea		Banded Goblet Squat	3	x8 ea	
		x6 ea				x8 ea				x8 ea	
		x6 ea				x8 ea				x8 ea	
Single-Leg Hip Bridge	3	x8 ea		Squat to Press with Kettlebell	3	x8 ea		Y's with Plates	3	x8	
		x8 ea				x8 ea				x8	
		x8 ea				x8 ea				x8	
Single-Leg DB Chest Press	3	x8 ea		Kettlebell Rotation	3	x8 ea		Bird Dog Row	3	x8 ea	
		x8 ea				x8 ea				x8 ea	
		x8 ea				x8 ea				x8 ea	
Conditioning	Row 2500 m			Conditioning	Echo Bike Tabatas AMRAP			Conditioning	Long Slow Distance 70-80% MHR		

Week #2

Day 1	Sets	Reps	Weight	Day 2	Sets	Reps	Weight	Day 3	Sets	Reps	Weight
Lateral Band Walks	3	x8 ea		Banded Hip Bridge	3	x8		Banded Lateral Touches	3	x8 ea	
Banded Thoracic Rotation	3	x8 ea		High Plank Banded Reach	3	x8 ea		Serratus Slide	3	x8	
Paloff Press w/ Posterior Tucks	3	x6 ea		Side Plank with Reach Through	3	x6 ea		Dead Bugs	3	x8 ea	
Jump w/ single leg land to skater	3	x6 ea		Waist Belt Lateral Jumps	3	x6 ea		ANCORE Explosive Rotations	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
MB Skip Angle Toss	3	x6 ea		Split Squat Overhead Slam	3	x6 ea		Split Squat Jumps	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
ANCORE RFE split squat with row + rotation	3	x8 ea		Kettlebell Deadlift	3	x8		Kneeling Upside Down Kettleball Press	3	x8 ea	
		x8 ea				x8				x8 ea	
		x8 ea				x8				x8 ea	
Plank w/ dips	3	x6 ea		WhatsThat Rotation	3	x8 ea		Banded Goblet Squat	3	x8 ea	
		x6 ea				x8 ea				x8 ea	
		x6 ea				x8 ea				x8 ea	
Single-Leg Hip Bridge	3	x8 ea		Squat to Press with Kettlebell	3	x8 ea		Y's with Plates	3	x8	
		x8 ea				x8 ea				x8	
		x8 ea				x8 ea				x8	
Single-Leg DB Chest Press	3	x8 ea		Kettlebell Rotation	3	x8 ea		Bird Dog Row	3	x8 ea	
		x8 ea				x8 ea				x8 ea	
		x8 ea				x8 ea				x8 ea	
Conditioning	Row 2500 m			Conditioning	Echo Bike Tabatas AMRAP			Conditioning	Long Slow Distance 70-80% MHR		

Week #3

Day 1	Sets	Reps	Weight	Day 2	Sets	Reps	Weight	Day 3	Sets	Reps	Weight
Lateral Band Walks	3	x8 ea		Banded Hip Bridge	3	x8		Banded Lateral Touches	3	x8 ea	
Banded Thoracic Rotation	3	x8 ea		High Plank Banded Reach	3	x8 ea		Serratus Slide	3	x8	
Paloff Press w/ Posterior Tucks	3	x6 ea		Side Plank with Reach Through	3	x6 ea		Dead Bugs	3	x8 ea	
Jump w/ single leg land to skater	3	x6 ea		Waist Belt Lateral Jumps	3	x6 ea		ANCORE Explosive Rotations	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
MB Skip Angle Toss	3	x6 ea		Split Squat Overhead Slam	3	x6 ea		Split Squat Jumps	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
ANCORE RFE split squat with row + rotation	3	x8 ea		Kettlebell Deadlift	3	x8		Kneeling Upside Down Kettleball Press	3	x8 ea	
		x8 ea				x8				x8 ea	
		x8 ea				x8				x8 ea	
Plank w/ dips	3	x6 ea		WhatsThat Rotation	3	x8 ea		Banded Goblet Squat	3	x8 ea	
		x6 ea				x8 ea				x8 ea	
		x6 ea				x8 ea				x8 ea	
Single-Leg Hip Bridge	3	x8 ea		Squat to Press with Kettlebell	3	x8 ea		Y's with Plates	3	x8	
		x8 ea				x8 ea				x8	
		x8 ea				x8 ea				x8	
Single-Leg DB Chest Press	3	x8 ea		Kettlebell Rotation	3	x8 ea		Bird Dog Row	3	x8 ea	
		x8 ea				x8 ea				x8 ea	
		x8 ea				x8 ea				x8 ea	
Conditioning	Row 2500 m			Conditioning	Echo Bike Tabatas AMRAP			Conditioning	Long Slow Distance 70-80% MHR		

Week #4

Day 1	Sets	Reps	Weight	Day 2	Sets	Reps	Weight	Day 3	Sets	Reps	Weight
Lateral Band Walks	3	x8 ea		Banded Hip Bridge	3	x8		Banded Lateral Touches	3	x8 ea	
Banded Thoracic Rotation	3	x8 ea		High Plank Banded Reach	3	x8 ea		Serratus Slide	3	x8	
Paloff Press w/ Posterior Tucks	3	x6 ea		Side Plank with Reach Through	3	x6 ea		Dead Bugs	3	x8 ea	
Jump w/ single leg land to skater	3	x6 ea		Waist Belt Lateral Jumps	3	x6 ea		ANCORE Explosive Rotations	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
MB Skip Angle Toss	3	x6 ea		Split Squat Overhead Slam	3	x6 ea		Split Squat Jumps	3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
	3	x6 ea			3	x6 ea			3	x6 ea	
ANCORE RFE split squat with row + rotation	3	x8 ea		Kettlebell Deadlift	3	x8		Kneeling Upside Down Kettleball Press	3	x8 ea	
		x8 ea				x8				x8 ea	
		x8 ea				x8				x8 ea	
Plank w/ dips	3	x6 ea		WhatsThat Rotation	3	x8 ea		Banded Goblet Squat	3	x8 ea	
		x6 ea				x8 ea				x8 ea	
		x6 ea				x8 ea				x8 ea	
Single-Leg Hip Bridge	3	x8 ea		Squat to Press with Kettlebell	3	x8 ea		Y's with Plates	3	x8	
		x8 ea				x8 ea				x8	
		x8 ea				x8 ea				x8	
Single-Leg DB Chest Press	3	x8 ea		Kettlebell Rotation	3	x8 ea		Bird Dog Row	3	x8 ea	
		x8 ea				x8 ea				x8 ea	
		x8 ea				x8 ea				x8 ea	
Conditioning	Row 2500 m			Conditioning	Echo Bike Tabatas AMRAP			Conditioning	Long Slow Distance 70-80% MHR		