**Treningsprogram for golfspillere**

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| **Dag 1** | **Dag 2** | **Dag 3** |
| Abdominal twist 3\*10-12 reps | Flies kabel 3\*8-10 reps | Tåhev manualer 3\*8-10 |
| Rumensk markløft 3\*8-10 reps | Wrist twist manualer 3\*8-10 reps | Omvendt flies 3\*6-8 reps |
| Utfall manualer 3\*8-10 reps | Kabel torso rotation 3\*8-10 reps | Arnold press 3\*8-10 reps |
| Nedtrekk 3\*8-10 reps | Seated twist 3\*8-10 reps | Sittende roing 3\*8-10 reps |
| Shrug 3\*10-12 reps | Rygghev pilatesball 3\*8-10 reps | Pushup 2\* max reps |
| Nedtrekk triceps 3\*8-10 | Knebøy pilatesball vegg 3\*8-10 reps |  |
| Skrå sit-up 3\*8-10 |  |  |