

FREE BAND PROGRAMME



This programme is designed to give you improvements on the course and in life. Giving you the strength and mobility for fast and explosive movement, smooth rotation, and full-range swings, along with helping you feeling and moving better throughout your day.

The structure is that you'll be exercising alternating between two workouts on your training days - Workout A and Workout B.

You can use this programme exercising two, three or four days per week!

Structures are outlined below, use the designated workout on that day:

2-Days per week

Monday	Tuesday	Weds	Thurs	Fri
Rest	A	Rest	B	Rest

3-Days per week [rotating weeks]

Week 1 + Week 3				
Monday	Tuesday	Weds	Thurs	Fri
A	Rest	B	Rest	A
Week 2 + Week 4				
Monday	Tuesday	Weds	Thurs	Fri
B	Rest	A	Rest	B

4-Days per week

Monday	Tuesday	Weds	Thurs	Fri
A	B	Rest	A	B

Workout - A

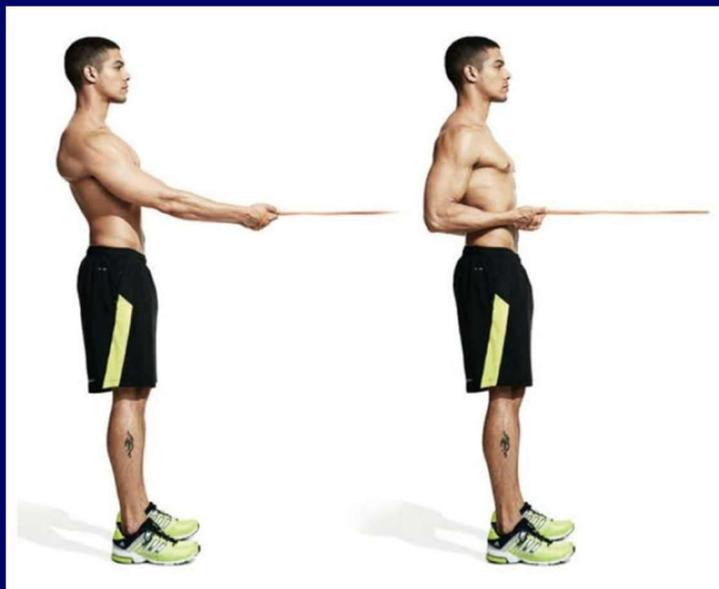
1. Banded Squat: 3x10 times

Hold the band at chest height; pull to collarbone level, keeping elbows soft.
[Smiles are optional]



2. Band Row: 3x10 times

Anchor at chest height, row towards ribs, squeeze shoulder blades.



3. Pallof Press with Rotation: 3x10 times each side

Anchor band at chest height, hold with both hands, push forward and rotate trunk.



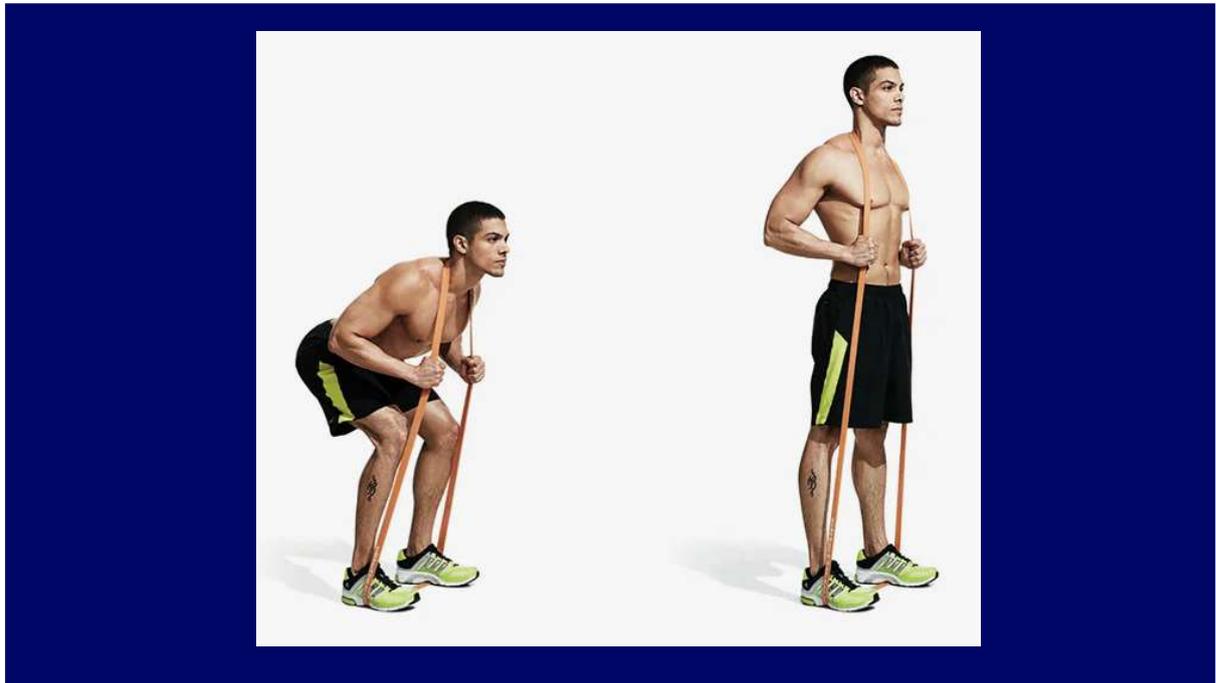
4. Banded Pull-Aparts: 3x10 times

Straight arms, pull band apart at chest height, control back.



5. Banded Good-Morning: 3x10 times

Band under feet, loop over shoulders; hinge at hips, keep spine neutral.

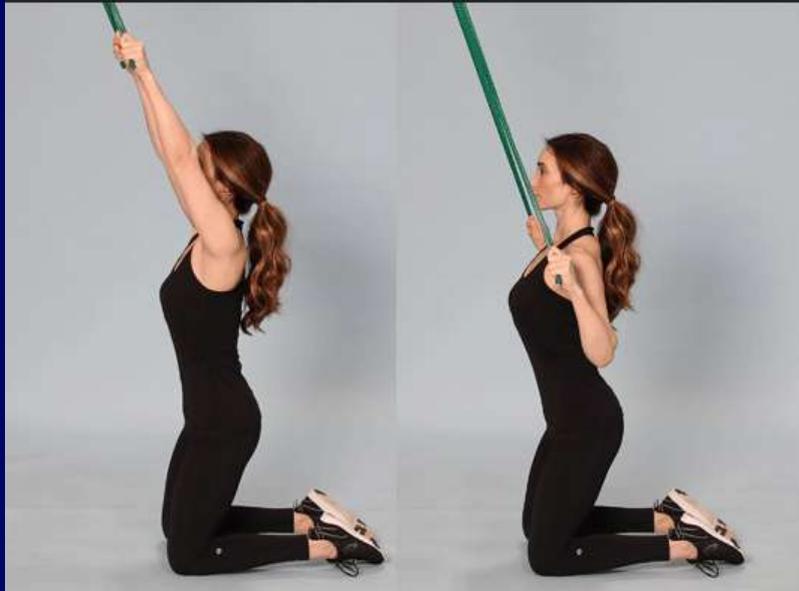


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Workout - B

1. Overhead Band Pull-Down: 3×10 times

Anchor overhead; pull elbows to ribs, control return.



2. Band Chest Press: 3×10 times

Anchor behind you; press forward, keep hips square and core tight.



3. Band Deadlift: 3x10 times

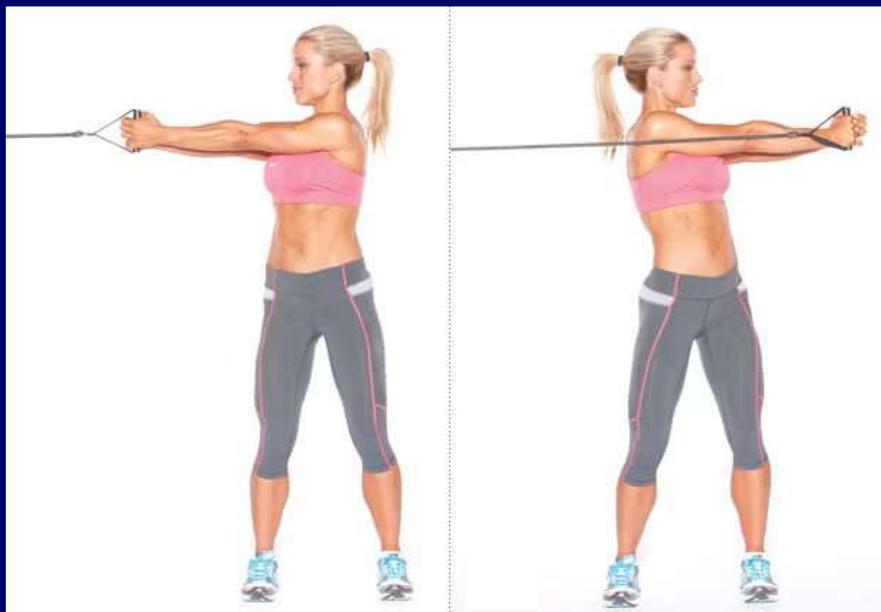
Easier: Loop band under feet, grip in middle; drive hips forward to stand tall.

Harder: Lay band on floor. Stand on the band with both feet, grip ends firmly; drive hips forward to stand tall.



4. Band Torso Rotation: 3x10 per side

Anchor at chest height; rotate through torso, arms extended.



5. Standing Band Curl-to-Press: 3x10

Stand on band; curl to shoulders, then press overhead in one smooth motion.



If you found this programme helpful, there's plenty more where that came from. Visit the website for more free tips on movement, strength, and staying healthy, all designed with golfers in mind.

www.stamfordsportsperformance.com

Full of simple, practical advice to help you keep doing what you love, for longer.

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