

Test Name	Exercises	Sets and Reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Pelvic Tilt Test	1. Cats & Dogs 2. Golf Posture Pelvic Tilts 3. Find Neutral Pelvis	3 sets 10 reps 2 sets 10 reps 1 set 10 reps						
2. Pelvic Rotation Test	1. Hip Drops 2. Stork Turns w/club 2. Stork Turns wo/club	2 sets 15 reps 2 sets 15 reps 2 sets 15 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. Torso Rotation Test	1. Long Turns w/club 2. Helicopter turns (3 types) 3. Horizontal Chops a) Wide Base b) Narrow Base	2 sets 15 reps each way 2 sets 15 reps 2 sets 15 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4. Overhead Deep Squat	1. Deep squat, arms crossed heels up 2. Deep squat, lift one hand then the other, then come up, heels up 3. Gastroc/Soleus Stretch	2 set 10 reps 2 set 10 reps hold 20 sec. 3 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5. Toe Touch Test	1. Toe Touch Toes Up w/pillow 2. Toe Touch Heels Up w/pillow	2 sets 10 reps 2 sets 10 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6. 90/90 Test	1. Pectoralis Stretch on ball or Doorway stretch 2. Rows - On Swiss Ball Golf Posture 3. Reach Backs	hold stretch 20 sec repeat 5 times 3 sets 20 reps 3 sets 20 reps 2 sets 10 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7. Single Leg Balance Test	1. Balance on pillow 2. Single Leg eyes open Single Leg eyes closed	15-30 seconds 15 seconds 15 seconds	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8. Lat Length Test	1. T's Y's, I's 2. Golf Posture (arms overhead) turn and reach 3. Long Turns w/club	2 sets 15 reps each way 1 set 10 reps each way 2 sets 15 reps each way	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9. Hip Windshield Wiper Test	1. Hip Windshield Wipers 2. Hip Drops	3 sets 10 reps 3 sets 10 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10. Seated Trunk Rotation Test	1. Open Book Stretch 2. Seated Rotations with side bends	2 sets 15 reps each way 2 sets 15 reps each way	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11. Bridge w/leg extension Test	1. Bridges no leg extension 2. Side lunge with a twist	2 sets 10 reps 2 sets 10 reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday