

Golf drills:

SB flys- 15x

SB crunches- 20x

Chair step ups- 15x each side

Lawn lowers- 15x each side

Above done 2x

Wide pushup with a weight to make it uneven-15x

V-sit slow rotations with a weight-20x

Above done 2x

Side plank and pushups-8 pushups-2x