

Christian Henning

**30** Yards  
or More in  
**30** Days  
or Less



*GOLF FITNESS  
WORKOUT FOR  
THE SERIOUS  
PLAYER*

*THE ULTIMATE, SCIENTIFIC SYSTEM FOR INCREASING SHOT DISTANCE*

Golf Fitness: 30 Yards or More in 30 Days or Less

# **Golf Fitness: 30 Yards or More in 30 Days or Less**



By Christian Henning, NASM-CPT, gfs

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Published by IGD Publishing  
2410 W. Memorial Road, Suite 332c  
Oklahoma City, OK USA  
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## **STOP! DO THIS NOW.**

As one of the 30 Yards or More in 30 Days or Less bonuses, you get FREE support via Facebook, Twitter, and Email.

Using our Facebook fan page has proven to help our clients lose fat faster and stick to your diet and workout program. That's where you'll get positive social support from people from all over the World. You can even ask Christian Henning, the author of 30 Yards or More in 30 Days or Less, all of your diet and exercise questions.

Here's how to get the most value and SUCCESS from your purchase of this book. Take care of these now, and ask a question so you can get in the habit of letting us coach you to the golf body of your dreams.

Step 1 - [Follow us on Facebook](#).

Step 2 - [Follow us on Twitter](#).

Step 3 - Enter the [Golf Body Challenge](#). This is our transformation contest that runs three times a year and gives away cash and prizes.

Please let us know if you have any questions about using the 30 Yards or More in 30 Days or Less workout program.

## Other Golf Fitness Books by Christian Henning



[Shed Pounds to Shave Strokes](#) utilizes 'Turbulence Training' and 'Translation Training' to keep your body in an ever adapting state. Through forced adaptation, we force the body to burn fat and improve golf performance. The program uses both weight training and short-burst cardio sessions.

Turbulence burns the fat off. Translation Training builds a powerful golf body.

A good analogy for Turbulence is that of a car starting and stopping. The more starting and stopping the car does, the more fuel is burned. When the car is on the highway at a constant speed, less fuel is burned.

Now consider long boring cardio sessions that last anywhere from 45 minutes to an hour. Generally, people keep the same pace over these long periods. Think highway

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cruising....

Less fuel burned.

To improve our golf performance, we apply Translation Training to your muscles. Essentially, we will be mimicking the primal movements that create balance, strength and power in your golf swing.

Turbulence and Translation Training by design put a huge amount of “Metabolic Disturbance” on your muscles. After your workouts, your muscles will work very hard (burning calories) to return your body to normal. That’s how both principles combine to help you lose fat and sculpt your body through proven our proven methods.

You will find bursting through fat loss plateaus becomes much easier using these principles. Most of the programs you may be familiar with are high-volume, low-intensity, and don’t stress the muscle the same way our workouts will. So if you are currently using long, slow, boring cardio and begin using the Shed Pounds to Shave Strokes workouts, you have a potent stimulus to kick-start fat loss – no matter how stubborn it was in the past.

I’ve created a progressive program for you that will get you moving and give you over 12-weeks of workouts. Whether you are a beginner or advanced, you can jump right in and see results fast.

### LOWER YOUR SCORE WHILE BURNING FAT & BUILDING STAMINA

Professional trainer and golfer, Christian Henning has designed a golf specific workout to give you the golf body you dream about.

Get Your Copy Here: ==> [Come And Get It!](#)

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- Melt Fat and Lower Your Score with golf specific workouts!
- Dumbbells, Stability Ball, and a Chair are all you need.
- Beginner, Intermediate, and Advanced Workouts included.
- Email Support from Golf Fitness Specialists.
- Download Now, Workout Today!

## Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Shed Pounds to Shave Strokes or 30 Yards or More in 30 Days or Less. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Golf Fitness: 30 Yards or More in 30 Days or Less, please follow your doctor's orders.

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## Pre-Round Warm-Up

I am often asked by golfers, "What should I do to warm-up before a round?"

The warm-up should have one focus point - to raise your core temperature. By raising your body's temperature you will warm up the muscles and make them more pliable.

This warm-up consists of first warming up your body to be able to handle the stresses the golf swing places upon it. Second, we focus on programming the brain on the golf swing itself and bringing together the swing as a whole.

**TIP: Get a feel for the putting green BEFORE striking any full golf shots. My warm-up begins at the putting green and ends on the driving range. After all, aren't we going to hit a driver as our first shot of the round?**

Before I give you a specific warm-up routine for your round, lets cover what dynamic warm-up is NOT:

*Dynamic warm-up is NOT static stretching.* Pre-round, we never do static stretching as boat loads of scientific research (I wish I had a picture of a boat load of scientific research - it would be pretty funny) has proven that it elongates your muscles thus reducing muscle tension. This reduction in tension created by static stretching will REDUCE distance and open you up for INJURY.

The golf swing is a dynamic movement that requires a lot of tension and power. For this reason alone, static stretching is completely ruled out for

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our warm-up. Time to forget your old school stretching methods from the 1980's. :)

### **Good.**

Now that we know what NOT to do when warming up let's discuss what we need to do to get properly warmed up for golf.

How you go about this depends on your body and all the wear and tear it has been through. As you age, you get more aches and pains and some areas may need a bit more warm up than others.

## **How to Raise Body Temperature (5-minutes)**

Perform each of the following exercises for the time listed. You should be breaking a light sweat when completed. I've read other experts say that you shouldn't break a sweat during your warm-up.

### ***Rubbish.***

The golf swing is a powerful movement where an average golfer uses over 90% of his strength during one shot! How can you expect to be properly prepared for such an athletic event if you DON'T break a sweat?

To get prepared, you need to break a light sweat. So let's get sweating...

This warm-up should have you ready to go as it works all of the major body parts used in the golf swing. We want to maintain some tension in our muscles, but make them pliable.

### **Trunk Rotations with Putter - 30 seconds**

The Golf swing is a rotational athletic movement; to protect our hips, knees, ankles and low back a twist is perfect. Try not to over rotate during your twists. Instead of a medicine ball, hold your putter out in front of you at arms length and rotate your torso.

1. Stand with feet shoulder width apart.
2. Place a golf club on shoulders behind your neck and hang on to club with hands.
3. Rotate to the left and right, allowing your heel to come off ground.
4. Rotate left at a 90 degree angle and then back to the right.

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**Side Bends** - 30-seconds

The golf swing has a built in side bend during the back swing and follow through. To ensure we protect our lower back, it is important we perform side bends.

1. Stand with feet shoulder width apart.
2. Extend arms directly above head and tilt to the right, and then to your left.
3. It is important to stay 'stacked' and not let your body tilt forward or backwards.

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**Inchworms** - 60 seconds

One of my favorite dynamic warm-up movements is the inchworm. The inchworm gets your hamstrings, upper body, arms, and back warmed up and ready for crushing it.

1. Stand with feet together.
2. From a standing position with your feet together or slightly apart, engage ("brace") your abdominal muscles to stabilize your spine.
3. Gently exhale and bend forward from your hips ("hip hinging"). Try to keep your knees straight (but not locked). Slowly lower your torso towards the floor until you can place your fingers or palms of your hands on the floor in front of your body. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep the spine flat.
4. Slowly begin to walk your hands forward, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands

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forward until you reach a full-push-up position where your spine, hips and head are level with the floor (plank position)

5. Slowly begin walking your feet forward towards your hands, taking steps without moving your hands. Maintain a flat spine throughout and continue walking until your feet are close to your hands.





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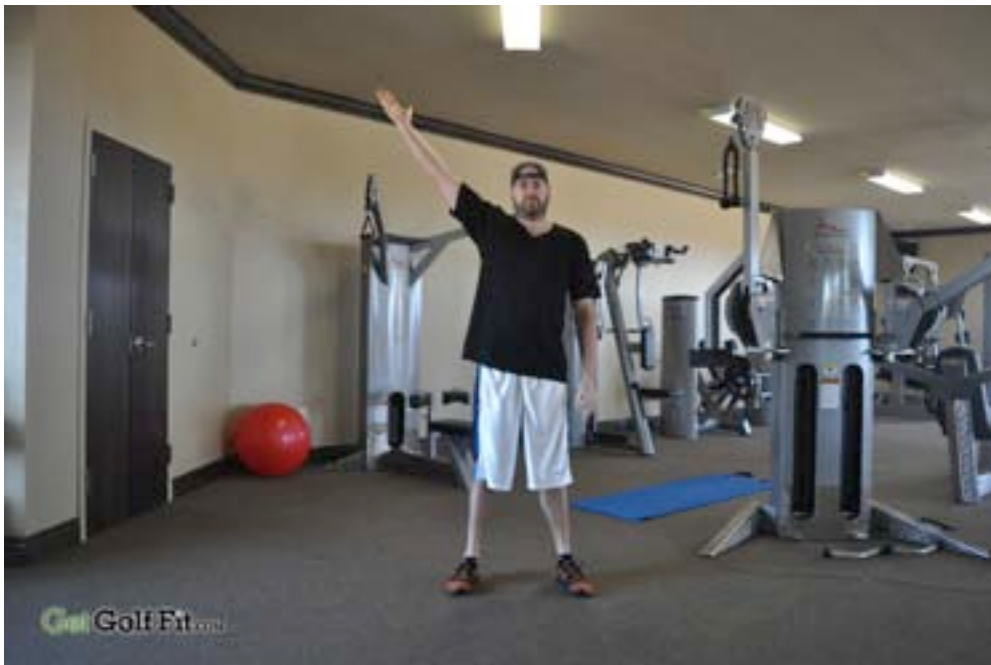


**Arm Circles** - 30 seconds forward, 30 seconds backward (60 seconds total)

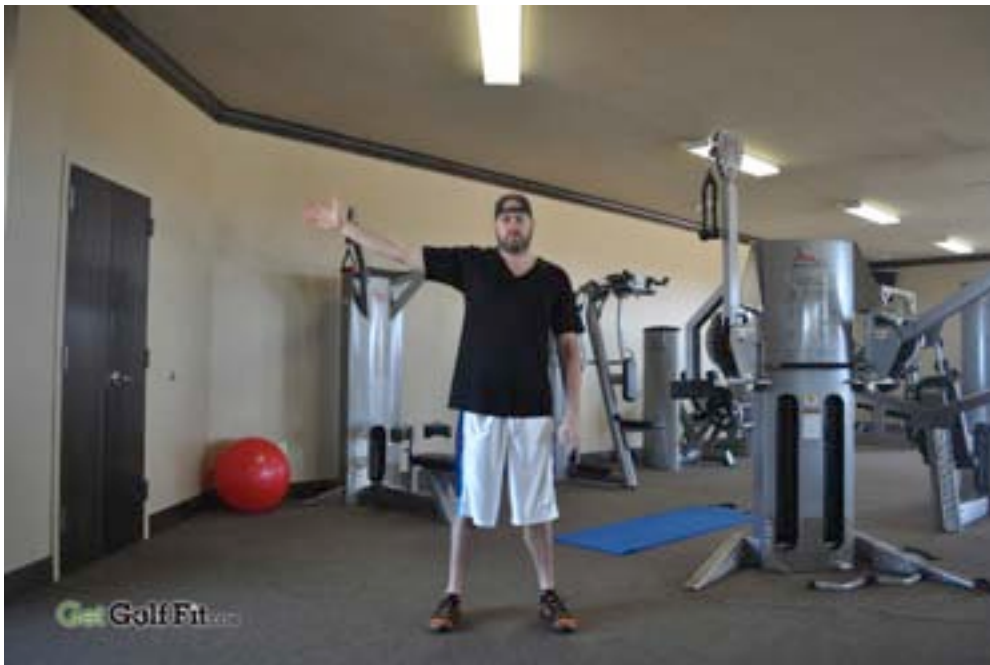
The shoulders should not be overlooked. Many golfers with dysfunctional golf swings have extremely tight shoulders and upper back. Perform this until you feel a burn.

1. Draw maximal circles with one or both arms.
2. Repeat in opposite direction.

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### **Bodyweight Squat - 60-seconds**

The power source of the swing is in the buttocks and legs. For this purpose we need them ready when we need to get a little '*cheeky*' when we need a bit of extra distance.



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1. Stand with your feet just greater than shoulder-width apart.
2. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Don’t let your lower back become rounded.
5. Push with your glutes, hamstrings, and quadriceps to return to the start position.





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Now that we are warmed-up, let's warm-up that golf swing.

## **How to Warm-up the Mind for Lower Scores**

Once you have completed the above circuit, it's time to bust out your golf clubs.

We all see the guys who do the static stretches then yank out the driver. All I can tell you here is they are losing driving distance as soon as they knocked out that first static stretch. Not to mention, they are pulling out the hardest club in the bag to hit (minus that putter we all love).

It's never a good idea to start with the big dog out of the gate. Warming up your mind for golf is just as important as the body.

Starting out with a wedge or 7-iron also boosts confidence as these are easier to hit. In addition, to confidence, you are gaining more feel for the scoring shots around the greens.

Confidence is often overlooked in golf, and we are building it in right here in our 15-minute dynamic warm-up.

## **How to Warm-up the Golf Swing (10-minutes)**

Start with your *wedge or 7-iron hitting half shots*. I'd like you to hit half shots as long as you would like, however, to keep your warm-up at fifteen minutes try to complete half shots in 3-4 minutes.

Hitting half shots allows you to warm-up your nervous system to the chain of movements required in the golf swing. Start out nice and easy here and you are laying a solid foundation for your upcoming round.

Once you feel like you have a good rhythm should you move on. Don't rush through this, as it *will* affect your scoring later on.

You will then work up to three-quarter shots for another three minutes. Again, if you have time, take longer and get a feel for the distance you are hitting your shots. This is important information you can use when in scoring situations around the green.

Finally, move on to full shots using the 7-iron or wedge. Progress by hitting a 5-iron, 3-iron, and finally your driver.

### **Time to play golf.**

Now head to the main tee box and crush it!

Christian Henning, NASM-CPT

AKA Dr. Distance