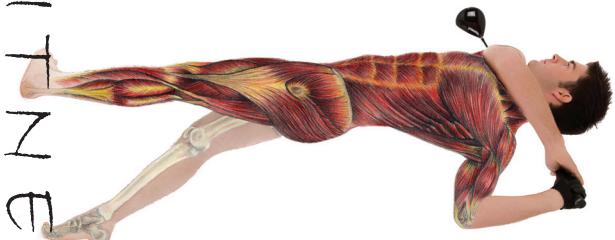


# BODY GOLOFF FITNESS



## SCORE CARD

### Memory jogger for Strengthening Exercises

*Exercise:*

21. Right Arm Golf Strengthenner
22. Left Arm Golf Strengthenner
23. Straight Sit Ups
24. Two Legged Squats
25. One Legged Squat
26. Sky Diver
27. Golf Trunk Strengthenner
28. Two Arm Golf Strengthenner
29. Pelvic Rotation
30. Diagonal Sit Ups

TEST	EXERCISE	PASS (P) BORDERLINE (B) FAIL (F)								
		LEFT/ RIGHT	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6	MONTH 7	MONTH 8
SPINE ROTATION	1A, 1B, 20	L								
		R								
SPINE FORWARD BEND	2A, 2B,									
CHEST MUSCLE	3	L								
		R								
INWARD ROTATOR CUFF	4	L								
		R								
OUTWARD ROTATOR CUFF	5	L								
		R								
OUTER RIB CAGE MUSCLE	6	L								
		R								
FRONT OF FOREARM MUSCLE	7	L								
		R								
BACK OF FOREARM MUSCLE	8	L								
		R								
FRONT OF HIP MUSCLE	9	L								
		R								
UPPER BUTTOCK MUSCLE	10	L								
		R								
FRONT OF THIGH MUSCLE	11	L								
		R								
BACK OF THIGH MUSCLE	12	L								
		R								
OUTER THIGH BAND	13	L								
		R								
NECK ROTATION	14	L								
		R								
SHOULDER MUSCLE	15	L								
		R								
SHOULDER BLADE MUSCLE	16	L								
		R								
SPINE SIDE TILT	17	L								
		R								
SPINE BACK BEND	18A, 18B									
SINGLE LEG BALANCE	19	L								
		R								
GOLF ROTATION	20									

