

BirdieBriga.de : Golf Body Audit

Golf Body Audit

What's Your Score?

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*At Golf Aggressive, we “Don’t Wait For Luck”. We believe the fastest path to improving your game is by improving your best asset... **YOURSELF.***

*Our foundation is based on 3 Core Principles for performance increases: **Mind, Body, and Skill.***

We believe anyone who applies intelligence and sweat equity can become a single digit handicap golfer.

Our blueprint is the Single Digit System which utilizes proprietary "Force Multiplier" training for maximum results in the least amount of time possible.

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Disclaimer

Let's start with some boring legal stuff! Won't that be super fun?

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time consulting with Golf Aggressive Publishing LLP you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Golf Aggressive Publishing LLP, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Golf Aggressive Publishing LLP, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program. **In other words, have fun out there, but don't hurtchasef.**

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The 2016 Golf Body Audit

Welcome from myself (Christian Henning) and the team at Golf Aggressive.

How is your body doing?

Is it younger than its biological age? Or is it wearing down faster than it should?
Are you fit? Or strong? Or both?

Well, I guess we are about to find out!

Announcing the "Golf Body Audit".

Specifically designed for our Single Digit Blueprint members, this Challenge test reveals your progress while performing our Golf Fitness specific workouts. By measuring yourself, setting a benchmark, and then aiming to beat the benchmark every month you will push yourself harder than ever.

When you have a clear goal to beat, you usually work harder to beat that goal.
And the results? RESULTS!

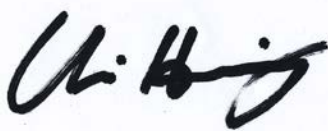
The Golf Body audit going to test your limits while giving you a good workout at the same time... you can even use it as it's own workout if you don't have one currently!

3...

2...

1...

Let's go!



Christian Henning
Director of Performance
GolfAggressive.com

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11 Tips for Training Safe

1. Don't do any exercise that you aren't sure how to do. Always get instruction from a personal trainer.
2. Don't do anything that hurts or doesn't feel like you are doing it right. There are plenty of alternatives for every exercise. Just ask us!
3. If this is your first program, make sure you use lighter weights or no weights at all. Expect to feel extra sore the day or two after.
4. If you need to take breaks during the workout, that's ok! Make sure you stay safe and don't sacrifice form for reps.
5. Use a spotter. Enough said.
6. No room for ego's. We aren't Macho Man Randy Savage.
7. Do NOT do any sort of interval training more than 4 days/times per week.
8. Never skip a warm up.
9. If you are training intervals, make sure you have good running shoes and do an extended warm up before beginning. Make sure you choose a stable form of training as well. Avoid gravel, sand, and concrete if possible.
10. If you have an injury, get medical clearance by showing your doctor exactly what you want to try. Make sure you rehabilitate before jumping in to a workout.
11. Always check with your doctor before starting any workout or exercise program.

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Measurements

To know our progress, we must assess ourselves. We will do so using a combination of the following methods EVERY FOUR WEEKS.

This will ensure that we are making progress, and allow ourselves to correct course if we are plateauing or stagnating. In short, here is what we will measure every two weeks:

- Bodyweight
- Bodyfat % (taken by a professional or a bio-impedence scale)
- Bodypart measurements (using tape measure)

Part 1: Bodyweight Measurement

Measuring body weight is the most common way people assess changes in their body, especially when they're hoping to see changes resulting from proper eating and exercise. Unfortunately, however, body weight measurements can be misleading.

Compare two people:

One person loses 20 lbs of fat and gains 20 lbs of lean mass from a new training and nutrition program. Their bodyweight doesn't change, but their body composition shifts dramatically, and they look significantly different (in other words, better).

A second person loses 20 lbs, but all of that weight loss is lean mass. They lost weight, but they probably look worse.

As you can see, "scale weight" doesn't tell you much about your body composition. Don't use body weight alone to help you with decisions about exercise and nutrition.

But scale weight isn't useless. You simply have to interpret it correctly, in combination with body composition. So let's start with body weight; we'll discuss body composition later.

Follow these steps to measure your body weight accurately and reliably:

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Step 1: Find a scale.

Start with a good scale, preferably a pre-calibrated digital scale or a beam scale (like the kind you find in doctor's offices).

Step 2: Test & calibrate.

Once you have a good scale, determine its accuracy and reliability. To do so, select an object of known weight (perhaps a dumbbell) and weigh it 5 times successively a few seconds apart. If these 5 readings are within one pound or so of both the known weight, you are good to go.

Part 2: Bodyfat Measurement

Measuring bodyfat is the most accurate way of seeing how our progress is going. However, it is also the most difficult to measure. For this, we are only going to suggest two different methods of measuring.

Now, there are a few different ways of going about this, and don't sweat it if you can't measure your bodyfat. If you are measuring your weight (part 1) as well as your bodypart measurements (part 3) – we will get a good idea of what is going on here.

With that said, you can use a few different methods (these are the most common and affordable – there are more accurate ways but they are expensive and time consuming):.

- Bioelectrical impedance is based on the electrical conductivity of body tissues. BI devices send an imperceptible electrical current through the body to estimate the amount of lean body mass and fat mass (as well as total water mass). **(there are many scales available today that are fairly accurate)**
- Skinfold caliper measurements use the thickness of the skin at various locations on the body to estimate body fat percentage. This estimate is based on equations derived from hydrostatic weighing studies. **(hire a professional trainer to do this for you)**

There are of course other methods, but they are unrealistic for most people to perform. So let's just stick with the easy ways? We aren't looking for 100% accuracy, but we are looking for a baseline and a way to measure ourselves reliably.

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Part 3: Bodypart Measurement (girth)



Ahh yes... the good ole measuring tape. The old school way of measuring our progress or lack thereof. Combined with bodyfat %, weight gain/loss, and these measurements, we will have a crystal clear picture of what's going on over the next few weeks.

Step 1: Wrap tape around body part.

If you're using the MyoTape device (which we recommend), pull the end of the tape around the body part that you want to measure (pressing the button in the center will make it easier to pull) and place the rod at the end of the tape into the circular slot.

Step 2: Tighten tape to a snug fit.

Press the button in the center and let the tape retract to a snug fit. Make sure the tape is perpendicular to the body part and parallel with the ground. If you're using a regular cloth tape, try to achieve a consistent tightness with each measurement.

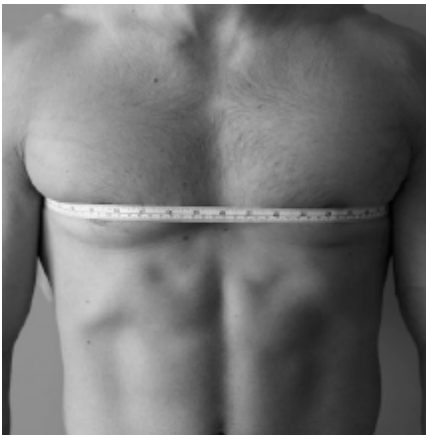
Step 3: Record Measurements.

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1. Shoulder girth

Measure at the widest point of the shoulders, around the entire shoulder area. Make sure you're standing upright and breathing normally. Record the measure after a normal (not a forced) exhalation.



2. Chest girth

The maximal horizontal girth of the chest at the nipple line. Stand upright and pass the tape measure over the shoulder blades and under the armpits. Record the measure after a normal (not a forced) exhalation.

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3. Upper arm girth

Measure halfway between the elbow and the bony point on the top of your shoulder. Measure this distance if you have to and take the mid-point.



4. Waist girth

Measure at the navel. Stand upright and breathe normally with the abdomen relaxed. Record the measure after a normal (not a forced) exhalation.

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5. Hip girth

Measure around the glutes at the level of maximal circumference (aka the widest point).



6. Thigh girth

Measure at the halfway point between the center of the kneecap and inguinal crease (the line where leg inserts into trunk). Measure the distance if you have to and take the mid-point.

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The Golf Body Audit

1. Do the Golf Body Audit once per month after a full day of rest (for best results). Track your results each month to see progress.
2. Begin by performing the warm up completely to reduce the risk of injury and to improve your performance and using the cool down to stretch your muscles.

Warm Up

- 1A) **Prisoner Squat** x 10
- 1B) **Walk-out Pushup** x 10
- 1C) **Alternating Reverse Lunges** x 10
- 1D) **Pushup** x 10

✓ Perform the above circuit with no rest between exercises. Rest 1 minute after completing the circuit and perform again for a total of two rounds.

The Golf Body Audit

Perform As Many Rounds As Possible in 10 minutes. Mark down your number and try to beat it every month.

- 2A) **Bodyweight Squat** x 10 reps
- 2B) **Squat Thrusts** x 10 reps
- 2C) **Pushups** x 10 reps
- 2D) **Kick-Through's** x 10 reps (5 each side)

What's Your Number? _____ (how many rounds did you complete)

Cool Down

- 4A) **Shoulder Stretch** x :30 each arm
- 4B) **Standing Hamstring** x :30
- 4C) **Butterfly** x :30
- 4D) **Kneeling Hip Flexor** x :30 each leg
- 4E) **Cobra** x :30
- 4F) **Downward Dog** x :30

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And keep reading to see golfers just like you who have achieved their goal of becoming more fit:

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Paul Roch

January 10 at 9:52pm

Guys this program really works. Take a look at this comparison photo of this year and last year. Looking forward to what else can be accomplished.



Like Comment



Matthew Erickson

29 mins · Facebook Groups for iOS

Met my goal weight this morning. For the first time in a few years I saw 200.0 on the scale. Boom!

Not sure what the next target is but committed to finishing this challenge strong. Down almost 15 lbs since Christmas! 🍻

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Bob Nixon

February 26 at 6:29pm

Here are my FBC before and after photos.



Like Comment

You, Richard Guzzo, Paul Roch and 7 others

Seen by 31



Christian Henning That's a lot!

Like · Reply · 1 · February 26 at 6:30pm



Bob Nixon Just followed the blueprint.

Unlike · Reply · 4 · February 26 at 6:30pm



Scott Bergson Almost time to buy new clothes.

Unlike · Reply · 2 · February 26 at 7:52pm

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