

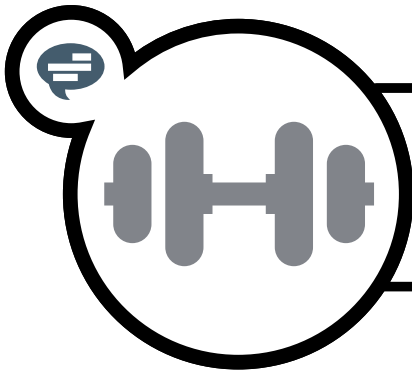
EXERCISES:

FITNESS ACTIVITIES

At the Tiger Woods Foundation, we believe in a new generation of bold, courageous youth. We inspire new perspectives and limitless possibilities. We provide opportunities to be someone.

CONTENTS:

○ Stretching Routine	2
○ Upper Body Workout	5
○ Core Workout	8
○ Lower Body Workout	11
○ Yoga Sequence	14
○ Cardio Workout	20
○ Resistance Band Workout	23



EXERCISES:

STRETCHING ROUTINE



SIDE OF NECK:

- Stand with arms loosely at sides.
- Bring right hand to the top of the head and gently pull head sideways to the right.
- Hold for 10 - 20 seconds.
- Repeat on the left.



TRICEPS AND SHOULDERS:

- Stand with arms loosely at sides.
- Bring one arm up overhead and bend back at the elbow.
- Grab the elbow with the other hand.
- Pull elbow behind head gently, until a mild stretch is felt for 10 - 20 seconds.
- Repeat on the other arm.



EXERCISES:

STRETCHING ROUTINE



LOWER BACK AND HAMSTRINGS:

- Stand with feet shoulder-width apart.
- Bend over and reach for the ground keeping legs as straight as possible.
- Touch the ground or grab ankles or shins.
- Hold for 10 – 20 seconds.



CALVES:

- Place right foot behind left foot and hands on hips.
- Bend left leg forward, keeping right knee straight and right heel on the floor.
- Hold for 10 – 20 seconds.
- Repeat on the other leg.



EXERCISES:

STRETCHING ROUTINE



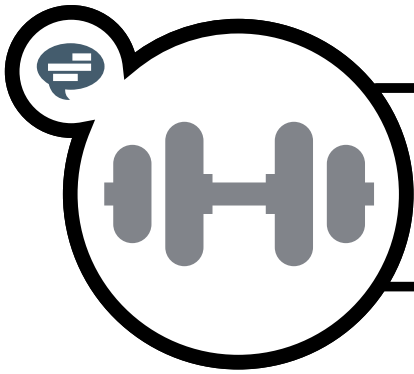
QUADRICEPS:

- Stand up straight.
- Reach right arm to the sky and bend left leg back.
- Grasp left foot with left hand.
- Gently pull foot back until a stretch is felt in the front of thigh and hold for 10 - 20 seconds.
- Repeat with the other leg.



HIPS AND SHOULDERS – CHILD'S POSE:

- Kneel on the floor. Touch big toes together, sit on heels and separate knees about as wide as hips.
- Bring the belly down to rest between thighs, and forehead to the floor.
- Stretch arms in front with palms toward the floor.
- Inhale and exhale slowly for three breaths as hips sink toward the floor.



EXERCISES:

UPPER BODY WORKOUT



BICEP CURLS:

- Stand with feet hip-width apart, abs engaged.
- Grasp a weight in each hand and put arms straight down, elbows against sides with palms facing out.
- Keeping the elbows stationary, curl arms up toward shoulders.
- Slowly lower back down to starting position.
- Repeat for 8 repetitions.



DELTOID LIFT:

- Stand with feet hip-width apart, abs engaged.
- With a weight in each hand, hang arms straight down against sides with palms facing inward.
- Lift the arms out to the sides, stopping at shoulder level.
- Slowly lower arms down to starting position.
- Repeat for 8 repetitions.



EXERCISES:

UPPER BODY WORKOUT



SHOULDER PRESS:

- Stand with feet hip-width apart, abs engaged.
- Hold both weights at shoulder height next to shoulders, palms facing outward.
- Press the weights overhead until arms are almost straight and in line with shoulders.
- Slowly return arms to starting position (shoulder height).
- Repeat for 8 repetitions.



DUMBBELL FLYS:

- Lie flat on the floor or on a slightly raised surface.
- With a weight in each hand, extend the arms out with elbows slightly bent.
- Maintaining the slight bend in the elbows, bring arms up until weights meet.
- Slowly lower arms back down to starting position.
- Repeat for 8 repetitions.



EXERCISES:

UPPER BODY WORKOUT



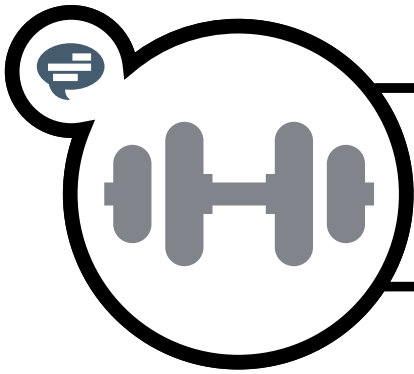
PUSH UPS:

- Start in plank or modified plank position (on knees).
- Slowly lower the body down to the floor while keeping the back flat.
- Slowly rise back up to starting position.
- Repeat for 8 repetitions.



TRICEP KICKBACKS:

- With a weight in the right hand, bend over slightly.
- Step forward with left foot.
- Keeping the right arm close to side, pull it up until the elbow is at torso level.
- Holding that position, straighten the right arm out behind, squeezing the tricep muscles.
- Slowly bend the arm back to starting position.
- Repeat for 8 repetitions and switch arms.



EXERCISES:

CORE WORKOUT



CRUNCHES:

- Lie flat on back with knees up and feet on the ground. Lower back should be pressed against the floor.
- Place arms behind head to support neck.
- Lift upper back and shoulders off the ground until abdominal muscles feel tight, and hold.
- Slowly lower back down to starting position.
- Repeat 25 times.



BICYCLE CRUNCHES:

- Lie flat on back and place hands behind head. Lower back should be pressed against the floor.
- Lift legs in the air and bend knees so that legs form a 90 degree angle.
- Alternate bringing the left elbow to the right knee and the right elbow to the left knee.
- Continue crunching for 45 seconds.



EXERCISES:

CORE WORKOUT



BOAT POSE WITH OBLIQUE TWIST:

- Sit on the floor leaning back slightly, knees bent and feet on the ground (boat pose).
- Hold one light weight in the center of body.
- Twist from torso to the left and touch left elbow to the floor.
- Quickly twist torso to the right and touch the right elbow down.
- Repeat in a continuous motion for 45 seconds.



OPPOSITE ARM, OPPOSITE LEG REACH:

- Start with hands and knees on the floor and pull the belly up toward the spine.
- Reach the right arm straight out in front and stretch the left leg straight behind.
- Hold for 20 - 60 seconds.
- Repeat with the opposite arm and leg.



EXERCISES:

CORE WORKOUT



PLANK:

- Start on stomach and bring elbows and forearms underneath the shoulders.
- Pull the belly up toward the spine and tuck the toes.
- Push up on elbows and forearms so the body is in one straight line (be sure back is flat and not arched or hunched).
- Hold for 20 – 60 seconds.



SIDE PLANK:

- Start on left side, hips and feet stacked one on top of the other.
- Prop upper body up on bent left forearm (make sure elbow is aligned under the shoulder) and send right arm up toward the sky.
- Press the hips up while keeping abdominals tight.
- Hold for 10 – 30 seconds.
- Repeat on the right side.

EXERCISES:



LOWER BODY WORKOUT



SQUATS:

- Stand with feet shoulder-width apart, hands together at chest level.
- Slowly lower the body toward the ground, bending at knees (pretend you are sitting in a chair).
- Slowly lift back up to starting position.
- Repeat for 8 repetitions.



FORWARD LUNGES:

- Stand with feet shoulder-width apart, hands on hips.
- Step forward with the right leg about two feet and lower the body to a 90 degree angle (the front and back foot should be in line with each other).
- Push up and back to starting position.
- Repeat 8 repetitions on the right leg then switch to the left leg.



EXERCISES:

LOWER BODY WORKOUT



LATERAL LUNGES:

- Stand straight up with feet together.
- Step out to the right with the right leg and bend at the knee.
- Keep chest high and slowly rise back up to starting position.
- Repeat 8 repetitions on the right leg then switch to the left leg.



CALF RAISES:

- Find a slightly raised surface like a step.
- Stand with toes at the edge of the step, feet shoulder-width apart (find a wall or a railing for stabilization if needed).
- Dip heels down until a slight stretch in the calves is felt.
- Slowly rise back up to starting position.
- Repeat for 8 repetitions.



EXERCISES:

LOWER BODY WORKOUT



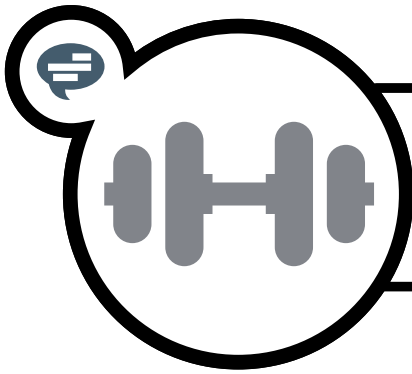
LEG RAISES:

- Lie down on the right side of the body, propping up with the right elbow; legs should be stacked.
- Lift the left leg up to a 45 degree angle keeping the leg straight.
- Slowly lower the leg back down to starting position.
- Repeat for 8 repetitions and switch to the other leg.



DONKEY KICKS:

- Start with hands and knees on the floor, back should be flat and abs engaged.
- Extend the right leg up as if to touch bottom of shoe to ceiling.
- Slowly lower the leg back to starting position.
- Repeat for 8 repetitions and switch to the other leg.



EXERCISES:

YOGA SEQUENCE



CHILD'S POSE:

- Kneel on the floor. Touch the big toes together, sit on heels and separate knees about as wide as hips.
- Bring the belly down to rest between the thighs, and the forehead to the floor.
- Stretch the arms out in front with the palms toward the floor.
- Inhale and exhale slowly and let hips sink toward the floor.
- Hold for about a minute.



CAT-COW STRETCH:

- Rise up on all fours, bringing the wrists underneath the shoulders and the knees underneath the hips (tabletop position).
- Extend the crown of the head and find a neutral (straight) spine.
- Inhale and round the spine, drop head and gaze toward belly (cat).
- Exhale and drop the belly, lift chest, and gaze up toward the ceiling (cow).
- Continue to flow through cat and cow for 3 - 6 breaths.





EXERCISES:

YOGA SEQUENCE



MOUNTAIN POSE:

- Come to standing with feet together, arms down by sides.
- Stretch the body, elongate the toes and tuck the tailbone under.
- Lift heart up toward the sky and gently pull shoulders back.
- Take 2 or 3 slow, deep breaths.



STANDING FORWARD BEND POSE:

- From mountain pose exhale and fold forward at the hips.
- Place hands on the floor or shins (reach down as far as possible). Bend the knees slightly if necessary.
- Tuck the head forward and make sure there is equal weight between heels and balls of the feet.
- Take 2 or 3 slow, deep breaths.



EXERCISES:

YOGA SEQUENCE



EXTENDED MOUNTAIN POSE:

- Slowly roll up and return to mountain pose.
- Inhale and extend arms overhead with palms facing each other.
- Straighten elbows and reach fingertips toward the sky.
- Take 2 or 3 slow, deep breaths.
- Return to mountain pose.



STRAIGHT-LEG LUNGE POSE:

- Inhale and step right foot as far back as possible, lean forward and put hands down on the floor on each side of the left foot.
- Make sure the front knee is directly above the heel, the right leg is straight, and the back is flat.
- Take 2 or 3 slow, deep breaths.
- Return to mountain pose.



EXERCISES:

YOGA SEQUENCE



PLANK POSE:

- Fold forward and put palms on the floor.
- Step the right foot back, then the left foot.
- Adjust body so the back is flat and looks like a straight plank of wood.
- Take 2 or 3 slow, deep breaths.



COBRA POSE:

- Transition from plank by carefully dropping knees to the floor, then chest, then forehead until entire body is flat on the floor.
- Bring palms up by shoulders.
- Inhale and push up on palms until a stretch is felt in the back.
- Slide shoulder blades down and back away from ears.
- Take 2 or 3 slow, deep breaths.



EXERCISES:

YOGA SEQUENCE



DOWNWARD-FACING DOG POSE:

- From cobra pose, tuck the toes.
- Push up onto toes and palms using arms and abdominal muscles.
- Tuck head between arms and send hips up to the sky.
- Spread fingers on the mat and draw heels toward the earth (arms and legs should be straight).
- Take 2 or 3 slow, deep breaths.



STRAIGHT-LEG LUNGE POSE:

- From downward dog, inhale and swing right leg forward between hands into a lunge (if the leg doesn't make it all the way, carry it forward with the hand).
- Make sure the front knee is directly above the heel, the left leg is straight and the back is flat.
- Take 2 or 3 slow, deep breaths.



YOGA SEQUENCE



STANDING FORWARD BEND POSE:

- From straight leg lunge, exhale and bring left foot forward to meet the right foot and fold forward at the hips.
- Bend the knees slightly if necessary.
- Tuck the head forward and make sure there is equal weight between heels and balls of the feet.
- Take 2 or 3 slow, deep breaths.



EXTENDED MOUNTAIN POSE:

- Slowly roll up and return to mountain pose.
- Inhale and extend arms overhead with palms facing each other.
- Straighten elbows and reach fingertips toward the sky.
- Take 2 or 3 slow, deep breaths.
- Bring arms down by sides.

EXERCISES:



CARDIO WORKOUT



KNEE-UPS WITH ARMS:

- Stand straight up with feet shoulder-width apart.
- Interlace hands in front so palms are toward the body.
- Bring right knee up while bringing arms down to meet it.
- Repeat with the other knee and alternate rapidly in a continuous motion.



JUMPING JACKS:

- Stand straight up with feet together.
- Jump both feet out slightly past shoulder width and simultaneously bring arms up overhead (they do not need to meet).
- Jump back to starting position and repeat in a continuous motion.



EXERCISES:

CARDIO WORKOUT



JUMP ROPE:

- Stand straight up with feet hip-width apart.
- Bend arms at elbows so palms are facing upward as if to hold a jump rope in hands.
- Jump up while twirling the imaginary jump rope overhead.
- Continue to jump rope in a continuous motion.



SQUAT JUMPS:

- Start standing straight up with feet shoulder-width apart.
- Bend down as if sitting in a chair (keep bottom tucked under).
- Jump up with hands overhead.
- Repeat the squat jumps in a continuous motion.



EXERCISES:

CARDIO WORKOUT



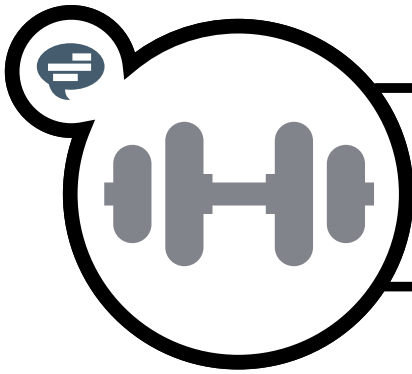
MOUNTAIN CLIMBERS:

- Start in push-up position.
- Keeping the head down and in line with the body, hop the right knee up to the chest, then back to starting position.
- Repeat with other leg and continue to alternate rapidly. The exercise should resemble a mountain climber.



SHUFFLE HOP:

- Start standing straight up with feet shoulder-width apart.
- Transfer weight to the right foot, then to the left foot.
- Continue hopping from right foot to left foot.



EXERCISES:

RESISTANCE BAND WORKOUT



BICEP CURLS:

- Stand with feet shoulder-width apart and step onto middle of band.
- Grasp handle of the band with right hand—palms facing out (elbows should be close to sides).
- Curl band up to about shoulder level while keeping elbows close to sides.
- Slowly return to starting position and repeat for 8 repetitions.
- Switch to the other arm.



BENT-OVER ROWS:

- Stand with feet shoulder-width apart and step onto middle of band.
- Grasp handles with palms facing inward and bend over.
- Pull the band up toward the waist keeping the elbow in close to the side.
- Slowly return to starting position and repeat for 8 repetitions.



EXERCISES:

RESISTANCE BAND WORKOUT



DELTOID LIFT:

- Step on the band and hold the handle in the right hand down at the side; palms should be inward.
- Slowly lift the band up to shoulder height.
- Slowly lower back down to starting position. If the motion is too easy or too hard, adjust the length of the band.
- Repeat for 8 repetitions then switch arms.



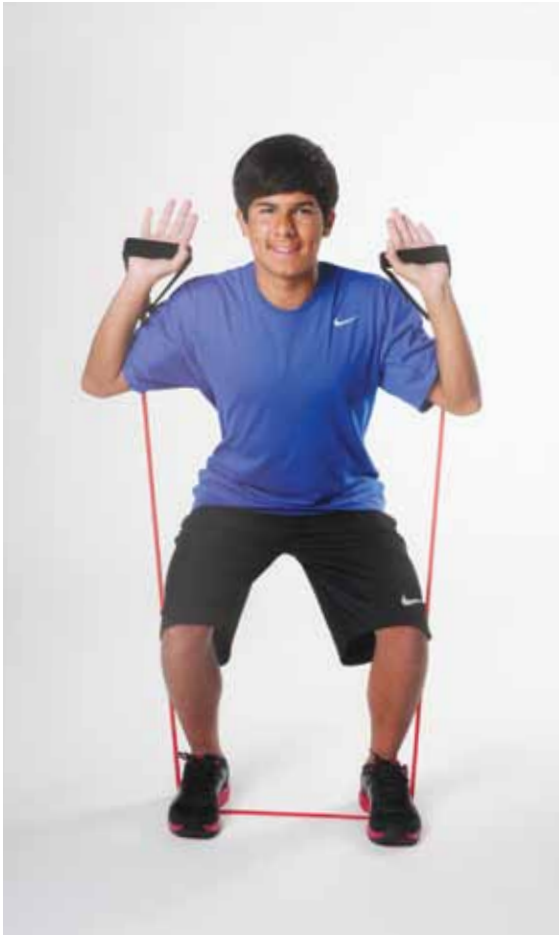
TRICEPS:

- Grasp the band with both hands behind the back.
- Bend over slightly at the waist and straighten arms behind the body.
- Raise arms up while squeezing and pull the band wide.
- Slowly return to starting position and repeat for 8 repetitions.



EXERCISES:

RESISTANCE BAND WORKOUT



SQUATS WITH SHOULDER PRESS:

- Step on the band with feet shoulder-width apart.
- Hold the handles of the resistance band at shoulder level with palms facing out.
- Bend at the knees (squat) as if sitting in a chair while keeping hands at shoulder height.
- Slowly rise back up to starting position and press arms up.
- Return arms to shoulder height and repeat for 8 repetitions.



SIDE BENDS:

- Fold the band in half and grab at each end.
- Hold the band above the head.
- Keeping the core tight, extend band to the right then to the left.
- Repeat for 8 repetitions on each side.