



Twenty Yards in 10 Weeks

The GolfersMD Fitness Challenge

The health and fitness experts at GolfersMD have created this 10-week Fitness Challenge with two things in mind: Improving your health and your game. Each week features drills that focus on a specific aspect of your health. Therefore, each routine should be added to the previous weeks routine creating in a robust exercise program.

By accepting this Fitness Challenge you've committed to improving your health and increasing your driving distance up to twenty yards.

For more information visit GolfersMD.com

Note: Please consult your physician or health professional before starting this or any fitness program. If at any time during this program you feel pain, stop and if pain persists, consult your physician or health professional.

Week 1: Cardiovascular System / Aerobic Fitness

To improve your cardiovascular fitness, which should lower your heart rate and improve blood pressure while strengthening your heart and body, you should perform cardiovascular exercise for 4 hours a week at your Target Heart Rate. Your Target Heart Rate is 80% of your Maximum Heart Rate. To find your Maximum Heart Rate, subtract your age from the number 220. Do not exercise at your maximum heart rate.

Example: 20-year-old person. $220 - 20 = 200 \times 80\% = 160$
Target Heart Rate is 160 beats per minute.

Recommended exercises: Stationary or standard Bike, Jogging, running, treadmill, stair stepper, aerobic program, etc.